



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Graupe, Manfred

Club: LAV Alfeld
Number: 259

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:20:16

Speed: 11.12 km/h
Running performance: 5:21 min/km

Rank in course/Total: 121 (of 426)

Rank in course/Men: 116 (of 371)

Best time in course: 1:42:20

Rank in category: 5(of 26)

Best time in the category: 2:07:09

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:53	5:25	6	1:48	139	5:27	3.30	17:53	5:25	23		116	5:27
Schlüsie	3.10	18:09	5:51	3	0:48	95	4:43	6.40	36:02	5:37	23		116	10:10
Hermannsklippe	2.60	16:20	6:16	3	1:05	107	4:35	9.00	52:22	5:49	23		116	14:45
Brocken	3.10	26:28	8:32	4	1:38	109	8:22	12.10	1:18:50	6:30	23		116	23:07
Eiserner Handwe	3.60	16:34	4:36	5	1:37	99	4:36	15.70	1:35:24	6:04	23		116	27:01
Schlüsie	4.10	15:30	3:46	3	1:35	82	3:34	19.80	1:50:54	5:36	23		116	29:56
Loddenke	3.10	13:11	4:15	3	1:40	116	2:58	22.90	2:04:05	5:25	23		116	32:54
Ilseburg/Markt	3.30	16:11	4:54	11	3:04	219	5:02	26.20	2:20:16	5:21	5	13:07	116	37:56