



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kroll, Gunnar

Club: Altstadtdruckerei Neuruppin
Number: 263

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:41

Speed: 11.09 km/h
Running performance: 5:22 min/km

Rank in course/Total: 123 (of 426)

Rank in course/Men: 118 (of 371)

Best time in course: 1:42:20

Rank in category: 24(of 77)

Best time in the category: 1:59:01

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	16:24	4:58	13	1:41	73	3:58	3.30	16:24	4:58	74		118	3:58
Schlüsie	3.10	18:09	5:51	18	1:45	95	4:43	6.40	34:33	5:23	74		118	8:41
Hermannsklippe	2.60	16:22	6:17	22	2:26	109	4:37	9.00	50:55	5:39	74		118	13:18
Brocken	3.10	27:48	8:58	30	5:53	154	9:42	12.10	1:18:43	6:30	74		118	23:00
Eiserner Handwe	3.60	17:24	4:49	26	3:24	135	5:26	15.70	1:36:07	6:07	74		118	27:44
Schlüsie	4.10	16:45	4:05	34	3:29	158	4:49	19.80	1:52:52	5:42	74		118	31:54
Loddenke	3.10	13:14	4:16	23	2:02	120	3:01	22.90	2:06:06	5:30	74		118	34:55
Ilseburg/Markt	3.30	14:35	4:25	25	2:04	117	3:26	26.20	2:20:41	5:22	24	21:40	118	38:21