



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Löw, Mario

Club: Vorwärts Nedden  
Number: 11

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:20:58

Speed: 11.07 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 126 (of 426)

Rank in course/Men: 121 (of 371)

Best time in course: 1:42:20

Rank in category: 21(of 58)

Best time in the category: 1:45:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:03	5:28	26	5:31	144	5:37	3.30	18:03	5:28	50		85	5:37
Schlüsie	3.10	18:25	5:56	18	4:19	108	4:59	6.40	36:28	5:41	50		121	10:36
Hermannsklippe	2.60	16:56	6:30	21	4:27	134	5:11	9.00	53:24	5:56	50		121	15:47
Brocken	3.10	28:17	9:07	25	8:18	166	10:11	12.10	1:21:41	6:45	50		121	25:58
Eiserner Handwe	3.60	17:34	4:52	22	5:36	143	5:36	15.70	1:39:15	6:19	50		121	30:52
Schlüsie	4.10	15:42	3:49	16	3:46	95	3:46	19.80	1:54:57	5:48	50		121	33:59
Loddenke	3.10	12:34	4:03	10	2:08	65	2:21	22.90	2:07:31	5:34	50		121	36:20
Ilseburg/Markt	3.30	13:27	4:04	5	1:41	42	2:18	26.20	2:20:58	5:22	21	35:41	121	38:38