



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Paul, Stefan

Club: Team Bernd  
Number: 41

Course: 26.20 km  
Brockenlauf

Category:  
Männer (20-29 Jahre)

Total time: 2:21:24

Speed: 11.03 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 128 (of 426)

Rank in course/Men: 123 (of 371)

Best time in course: 1:42:20

Rank in category: 21(of 37)

Best time in the category: 1:42:20

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	18:53	5:43	27	6:27	190	6:27	3.30	18:53	5:43	3		123	6:27
Schlüsie	3.10	18:48	6:03	23	5:22	122	5:22	6.40	37:41	5:53	3		123	11:49
Hermannsklippe	2.60	16:09	6:12	20	4:24	99	4:24	9.00	53:50	5:58	3		123	16:13
Brocken	3.10	27:15	8:47	23	9:09	139	9:09	12.10	1:21:05	6:42	3		123	25:22
Eiserner Handwe	3.60	17:28	4:51	23	4:48	137	5:30	15.70	1:38:33	6:16	3		123	30:10
Schlüsie	4.10	16:15	3:57	22	3:40	126	4:19	19.80	1:54:48	5:47	3		123	33:50
Loddenke	3.10	12:45	4:06	14	2:32	82	2:32	22.90	2:07:33	5:34	3		123	36:22
Ilseburg/Markt	3.30	13:51	4:11	16	2:42	70	2:42	26.20	2:21:24	5:23	21	39:04	123	39:04