



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Jost, Steffen

Club: Errands Runners e. V.
Number: 208

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:01

Speed: 11.07 km/h
Running performance: 5:25 min/km

Rank in course/Total: 132 (of 426)

Rank in course/Men: 127 (of 371)

Best time in course: 1:42:20

Rank in category: 23(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:55	5:07	18	4:23	99	4:29	3.30	16:55	5:07	52		127	4:29
Schlüsle	3.10	18:35	5:59	19	4:29	116	5:09	6.40	35:30	5:32	52		127	9:38
Hermannsklippe	2.60	16:27	6:19	16	3:58	114	4:42	9.00	51:57	5:46	52		127	14:20
Brocken	3.10	25:55	8:21	13	5:56	92	7:49	12.10	1:17:52	6:26	52		127	22:09
Eiserner Handwe	3.60	17:28	4:51	21	5:30	137	5:30	15.70	1:35:20	6:04	52		127	26:57
Schlüsle	4.10	16:55	4:07	24	4:59	165	4:59	19.80	1:52:15	5:40	52		127	31:17
Loddenke	3.10	14:02	4:31	28	3:36	169	3:49	22.90	2:06:17	5:30	52		127	35:06
Ilseburg/Markt	3.30	15:44	4:46	32	3:58	193	4:35	26.20	2:22:01	5:25	23	36:44	127	39:41