



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Rudolph, Stefan

Club: Braunschweig
Number: 241

Course: 26.20 km
Brockenlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:22:09

Speed: 11.06 km/h
Running performance: 5:26 min/km

Rank in course/Total: 133 (of 426)

Rank in course/Men: 128 (of 371)

Best time in course: 1:42:20

Rank in category: 27(of 47)

Best time in the category: 1:49:50

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	19:54	6:01	40	6:18	262	7:28	3.30	19:54	6:01	4	0:09	128	7:28
Schlüsie	3.10	19:50	6:23	30	4:43	166	6:24	6.40	39:44	6:12	4		128	13:52
Hermannsklippe	2.60	16:39	6:24	27	3:41	121	4:54	9.00	56:23	6:15	4		128	18:46
Brocken	3.10	25:43	8:17	22	5:59	83	7:37	12.10	1:22:06	6:47	4		128	26:23
Eiserner Handwe	3.60	16:10	4:29	17	3:18	81	4:12	15.70	1:38:16	6:15	4		128	29:53
Schlüsie	4.10	15:36	3:48	19	3:16	91	3:40	19.80	1:53:52	5:45	4		128	32:54
Loddenke	3.10	13:14	4:16	24	2:17	120	3:01	22.90	2:07:06	5:33	4		128	35:55
Ilseburg/Markt	3.30	15:03	4:33	27	3:12	143	3:54	26.20	2:22:09	5:25	27	32:19	128	39:49