



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ehrenberg, Jörg

Club: SV Kyffhäuser
Number: 439

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:13

Speed: 10.89 km/h
Running performance: 5:28 min/km

Rank in course/Total: 137 (of 426)

Rank in course/Men: 132 (of 371)

Best time in course: 1:42:20

Rank in category: 15(of 57)

Best time in the category: 2:05:19

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	17:16	5:13	12	1:38	121	4:50	3.30	17:16	5:13	30		132	4:50
Schlüsie	3.10	19:01	6:08	16	1:34	133	5:35	6.40	36:17	5:40	30		107	10:25
Hermannsklippe	2.60	16:48	6:27	14	1:48	126	5:03	9.00	53:05	5:53	30		132	15:28
Brocken	3.10	27:35	8:53	20	3:35	148	9:29	12.10	1:20:40	6:40	30		132	24:57
Eiserner Handwe	3.60	17:18	4:48	14	2:50	131	5:20	15.70	1:37:58	6:14	30		110	29:35
Schlüsie	4.10	16:12	3:57	12	2:34	123	4:16	19.80	1:54:10	5:45	30		132	33:12
Loddenke	3.10	13:49	4:27	21	2:17	156	3:36	22.90	2:07:59	5:35	30		132	36:48
Ilseburg/Markt	3.30	15:14	4:36	24	2:18	157	4:05	26.20	2:23:13	5:27	15	17:54	132	40:53