



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Zeptner, Jürgen

Club: LAV Alfeld
Number: 323

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:21

Speed: 10.88 km/h
Running performance: 5:28 min/km

Rank in course/Total: 138 (of 426)

Rank in course/Men: 133 (of 371)

Best time in course: 1:42:20

Rank in category: 16(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	17:48	5:23	18	2:10	133	5:22	3.30	17:48	5:23	45		133	5:22
Schlüsie	3.10	18:44	6:02	14	1:17	120	5:18	6.40	36:32	5:42	45		133	10:40
Hermannsklippe	2.60	16:54	6:29	15	1:54	130	5:09	9.00	53:26	5:56	45		133	15:49
Brocken	3.10	26:53	8:40	14	2:53	126	8:47	12.10	1:20:19	6:38	45		133	24:36
Eiserner Handwe	3.60	18:12	5:03	20	3:44	177	6:14	15.70	1:38:31	6:16	45		133	30:08
Schlüsie	4.10	16:21	3:59	16	2:43	135	4:25	19.80	1:54:52	5:48	45		133	33:54
Loddenke	3.10	13:31	4:21	18	1:59	140	3:18	22.90	2:08:23	5:36	45		133	37:12
Ilseburg/Markt	3.30	14:58	4:32	22	2:02	139	3:49	26.20	2:23:21	5:28	16	18:02	133	41:01