



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

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Club: Tigerrunner-Gehlenbeck
Number: 454

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:23:47

Speed: 10.85 km/h
Running performance: 5:29 min/km

Rank in course/Total: 142 (of 426)

Rank in course/Men: 136 (of 371)

Best time in course: 1:42:20

Rank in category: 24(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	17:49	5:23	24	5:17	134	5:23	3.30	17:49	5:23	53		136	5:23
Schlüsie	3.10	19:34	6:18	26	5:28	158	6:08	6.40	37:23	5:50	53		136	11:31
Hermannsklippe	2.60	17:16	6:38	27	4:47	156	5:31	9.00	54:39	6:04	53		136	17:02
Brocken	3.10	29:03	9:22	29	9:04	185	10:57	12.10	1:23:42	6:55	53		136	27:59
Eiserner Handwe	3.60	15:57	4:25	11	3:59	69	3:59	15.70	1:39:39	6:20	53		136	31:16
Schlüsie	4.10	15:27	3:46	13	3:31	81	3:31	19.80	1:55:06	5:48	53		136	34:08
Loddenke	3.10	13:50	4:27	24	3:24	157	3:37	22.90	2:08:56	5:37	53		136	37:45
Ilseburg/Markt	3.30	14:51	4:30	24	3:05	133	3:42	26.20	2:23:47	5:29	24	38:30	136	41:27