



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Adolf, Daniel

Club: Blau-Weiß Hettstedt  
Number: 422

Course: 26.20 km  
Brockenlauf

Category:  
Männer (20-29 Jahre)

Total time: 2:24:01

Speed: 10.83 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 143 (of 426)

Rank in course/Men: 137 (of 371)

Best time in course: 1:42:20

Rank in category: 23(of 37)

Best time in the category: 1:42:20

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	17:02	5:09	21	4:36	107	4:36	3.30	17:02	5:09	5		64	4:36
Schlüsie	3.10	17:59	5:48	20	4:33	86	4:33	6.40	35:01	5:28	5		137	9:09
Hermannsklippe	2.60	15:53	6:06	19	4:08	82	4:08	9.00	50:54	5:39	5		137	13:17
Brocken	3.10	28:10	9:05	28	10:04	164	10:04	12.10	1:19:04	6:32	5		137	23:21
Eiserner Handwe	3.60	18:09	5:02	27	5:29	174	6:11	15.70	1:37:13	6:11	5		137	28:50
Schlüsie	4.10	16:44	4:04	25	4:09	155	4:48	19.80	1:53:57	5:45	5		137	32:59
Loddenke	3.10	13:55	4:29	28	3:42	163	3:42	22.90	2:07:52	5:35	5		137	36:41
Ilseburg/Markt	3.30	16:09	4:53	30	5:00	216	5:00	26.20	2:24:01	5:29	23	41:41	137	41:41