



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Scheida, Guntram

Club: Neukirchen
Number: 429

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:25

Speed: 10.80 km/h
Running performance: 5:31 min/km

Rank in course/Total: 144 (of 426)

Rank in course/Men: 138 (of 371)

Best time in course: 1:42:20

Rank in category: 17(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	17:50	5:24	20	2:12	137	5:24	3.30	17:50	5:24	46		138	5:24
Schlüsie	3.10	19:47	6:22	21	2:20	164	6:21	6.40	37:37	5:52	46		138	11:45
Hermannsklippe	2.60	16:41	6:25	13	1:41	124	4:56	9.00	54:18	6:01	46		138	16:41
Brocken	3.10	26:39	8:35	11	2:39	114	8:33	12.10	1:20:57	6:41	46		138	25:14
Eiserner Handwe	3.60	18:07	5:01	19	3:39	171	6:09	15.70	1:39:04	6:18	46		138	30:41
Schlüsie	4.10	16:45	4:05	20	3:07	158	4:49	19.80	1:55:49	5:50	46		138	34:51
Loddenke	3.10	13:55	4:29	22	2:23	163	3:42	22.90	2:09:44	5:39	46		138	38:33
Ilseburg/Markt	3.30	14:41	4:26	20	1:45	124	3:32	26.20	2:24:25	5:30	17	19:06	138	42:05