



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bültmann, Ralf

Club: LG TUS Lügde
Number: 78

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:40

Speed: 10.78 km/h
Running performance: 5:31 min/km

Rank in course/Total: 145 (of 426)

Rank in course/Men: 139 (of 371)

Best time in course: 1:42:20

Rank in category: 18(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	17:49	5:23	19	2:11	134	5:23	3.30	17:49	5:23	47		136	5:23
Schlüsie	3.10	19:35	6:19	20	2:08	159	6:09	6.40	37:24	5:50	47		139	11:32
Hermannsklippe	2.60	17:08	6:35	18	2:08	147	5:23	9.00	54:32	6:03	47		139	16:55
Brocken	3.10	26:45	8:37	12	2:45	120	8:39	12.10	1:21:17	6:43	47		139	25:34
Eiserner Handwe	3.60	17:32	4:52	16	3:04	141	5:34	15.70	1:38:49	6:17	47		139	30:26
Schlüsie	4.10	17:03	4:09	21	3:25	172	5:07	19.80	1:55:52	5:51	47		134	34:54
Loddenke	3.10	14:09	4:33	24	2:37	178	3:56	22.90	2:10:01	5:40	47		139	38:50
Ilseburg/Markt	3.30	14:39	4:26	19	1:43	123	3:30	26.20	2:24:40	5:31	18	19:21	139	42:20