



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Holst, Klaus

Club: Grün-Weiß Hohendodeleben  
Number: 235

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:24:43

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

Rank in course/Total: 146 (of 426)

Rank in course/Men: 140 (of 371)

Best time in course: 1:42:20

Rank in category: 25(of 77)

Best time in the category: 1:59:01

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	18:38	5:38	38	3:55	174	6:12	3.30	18:38	5:38	73	0:28	140	6:12
Schlüsie	3.10	19:32	6:18	31	3:08	157	6:06	6.40	38:10	5:57	73		140	12:18
Hermannsklippe	2.60	17:09	6:35	28	3:13	148	5:24	9.00	55:19	6:08	73		140	17:42
Brocken	3.10	29:08	9:23	40	7:13	187	11:02	12.10	1:24:27	6:58	73		140	28:44
Eiserner Handwe	3.60	15:43	4:21	11	1:43	57	3:45	15.70	1:40:10	6:22	73		140	31:47
Schlüsie	4.10	15:11	3:42	14	1:55	68	3:15	19.80	1:55:21	5:49	73		140	34:23
Loddenke	3.10	13:40	4:24	30	2:28	149	3:27	22.90	2:09:01	5:38	73		140	37:50
Ilseburg/Markt	3.30	15:42	4:45	42	3:11	192	4:33	26.20	2:24:43	5:31	25	25:42	140	42:23