



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Krakow, Manfred

Club: LG Henneberg
Number: 185

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:25:10

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 148 (of 426)

Rank in course/Men: 141 (of 371)

Best time in course: 1:42:20

Rank in category: 7(of 26)

Best time in the category: 2:07:09

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	19:10	5:48	11	3:05	205	6:44	3.30	19:10	5:48	21		141	6:44
Schlüsie	3.10	18:58	6:07	6	1:37	131	5:32	6.40	38:08	5:57	21		141	12:16
Hermannsklippe	2.60	17:00	6:32	7	1:45	140	5:15	9.00	55:08	6:07	21		141	17:31
Brocken	3.10	28:09	9:04	8	3:19	163	10:03	12.10	1:23:17	6:52	21		141	27:34
Eiserner Handwe	3.60	16:31	4:35	4	1:34	97	4:33	15.70	1:39:48	6:21	21		141	31:25
Schlüsie	4.10	16:05	3:55	7	2:10	119	4:09	19.80	1:55:53	5:51	21		141	34:55
Loddenke	3.10	13:37	4:23	7	2:06	143	3:24	22.90	2:09:30	5:39	21		141	38:19
Ilseburg/Markt	3.30	15:40	4:44	9	2:33	190	4:31	26.20	2:25:10	5:32	7	18:01	141	42:50