



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Wernecke, Frank

Club: Magdeburg
Number: 379

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:27

Speed: 10.73 km/h
Running performance: 5:33 min/km

Rank in course/Total: 149 (of 426)

Rank in course/Men: 142 (of 371)

Best time in course: 1:42:20

Rank in category: 26(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	16:44	5:04	20	2:01	90	4:18	3.30	16:44	5:04	72		142	4:18
Schlüsie	3.10	20:28	6:36	43	4:04	203	7:02	6.40	37:12	5:48	72		142	11:20
Hermannsklippe	2.60	17:50	6:51	36	3:54	182	6:05	9.00	55:02	6:06	72		142	17:25
Brocken	3.10	29:28	9:30	41	7:33	197	11:22	12.10	1:24:30	6:59	72		142	28:47
Eiserner Handwe	3.60	17:52	4:57	33	3:52	164	5:54	15.70	1:42:22	6:31	72		142	33:59
Schlüsie	4.10	16:03	3:54	23	2:47	115	4:07	19.80	1:58:25	5:58	72		142	37:27
Loddenke	3.10	12:24	4:00	12	1:12	57	2:11	22.90	2:10:49	5:42	72		142	39:38
Ilseburg/Markt	3.30	14:38	4:26	26	2:07	120	3:29	26.20	2:25:27	5:33	26	26:26	142	43:07