



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Dörntge, Andreas

Club: Laufftreff Nienburg  
Number: 29

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:25:39

Speed: 10.71 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 153 (of 426)

Rank in course/Men: 144 (of 371)

Best time in course: 1:42:20

Rank in category: 27(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	16:21	4:57	12	1:38	67	3:55	3.30	16:21	4:57	71		28	3:55
Schlüsie	3.10	19:05	6:09	26	2:41	139	5:39	6.40	35:26	5:32	71		58	9:34
Hermannsklippe	2.60	17:24	6:41	30	3:28	162	5:39	9.00	52:50	5:52	71		145	15:13
Brocken	3.10	30:44	9:54	46	8:49	238	12:38	12.10	1:23:34	6:54	71		145	27:51
Eiserner Handwe	3.60	17:37	4:53	28	3:37	147	5:39	15.70	1:41:11	6:26	71		145	32:48
Schlüsie	4.10	16:36	4:02	32	3:20	149	4:40	19.80	1:57:47	5:56	71		145	36:49
Loddenke	3.10	13:18	4:17	24	2:06	127	3:05	22.90	2:11:05	5:43	71		145	39:54
Ilseburg/Markt	3.30	14:34	4:24	24	2:03	115	3:25	26.20	2:25:39	5:33	27	26:38	144	43:19