



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Michael, Karg

Number: 408

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:23

Speed: 10.66 km/h

Running performance: 5:35 min/km

Rank in course/Total: 157 (of 426)

Rank in course/Men: 148 (of 371)

Best time in course: 1:42:20

Rank in category: 29(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	20:27	6:11	66	5:44	289	8:01	3.30	20:27	6:11	59	2:17	147	8:01
Schlüsie	3.10	19:49	6:23	32	3:25	165	6:23	6.40	40:16	6:17	59	0:09	147	14:24
Hermannsklippe	2.60	17:12	6:36	29	3:16	150	5:27	9.00	57:28	6:23	59		147	19:51
Brocken	3.10	25:21	8:10	14	3:26	76	7:15	12.10	1:22:49	6:50	59		147	27:06
Eiserner Handwe	3.60	17:51	4:57	32	3:51	162	5:53	15.70	1:40:40	6:24	59		147	32:17
Schlüsie	4.10	16:35	4:02	31	3:19	148	4:39	19.80	1:57:15	5:55	59		147	36:17
Loddenke	3.10	13:42	4:25	31	2:30	151	3:29	22.90	2:10:57	5:43	59		147	39:46
Ilseburg/Markt	3.30	15:26	4:40	34	2:55	171	4:17	26.20	2:26:23	5:35	29	27:22	148	44:03