



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Nestel, Jens

Club: HSG Erlangen/Niederlindach  
Number: 334

Course: 26.20 km  
Brockenlauf

Category:  
Männer (20-29 Jahre)

Total time: 2:26:16

Speed: 10.67 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 156 (of 426)

Rank in course/Men: 147 (of 371)

Best time in course: 1:42:20

Rank in category: 24(of 37)

Best time in the category: 1:42:20

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	19:09	5:48	28	6:43	204	6:43	3.30	19:09	5:48	6		148	6:43
Schlüsie	3.10	18:57	6:06	24	5:31	130	5:31	6.40	38:06	5:57	6		148	12:14
Hermannsklippe	2.60	18:44	7:12	33	6:59	223	6:59	9.00	56:50	6:18	6		148	19:13
Brocken	3.10	29:50	9:37	32	11:44	209	11:44	12.10	1:26:40	7:09	6		148	30:57
Eiserner Handwe	3.60	17:42	4:54	25	5:02	151	5:44	15.70	1:44:22	6:38	6		148	35:59
Schlüsie	4.10	15:19	3:44	16	2:44	76	3:23	19.80	1:59:41	6:02	6		148	38:43
Loddenke	3.10	12:45	4:06	14	2:32	82	2:32	22.90	2:12:26	5:46	6		148	41:15
Ilseburg/Markt	3.30	13:50	4:11	14	2:41	68	2:41	26.20	2:26:16	5:34	24	43:56	147	43:56