



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Krings, Stephan

Club: Hannover

Number: 121

Course: 26.20 km

Brockenlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:27:55

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 163 (of 426)

Rank in course/Men: 154 (of 371)

Best time in course: 1:42:20

Rank in category: 26(of 58)

Best time in the category: 1:45:17

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	17:14	5:13	23	4:42	120	4:48	3.30	17:14	5:13	55		154	4:48
Schlüsle	3.10	19:52	6:24	29	5:46	169	6:26	6.40	37:06	5:47	55		96	11:14
Hermannsklippe	2.60	18:04	6:56	31	5:35	196	6:19	9.00	55:10	6:07	55		154	17:33
Brocken	3.10	30:05	9:42	38	10:06	215	11:59	12.10	1:25:15	7:02	55		154	29:32
Eiserner Handwe	3.60	17:49	4:56	28	5:51	161	5:51	15.70	1:43:04	6:33	55		154	34:41
Schlüsle	4.10	17:30	4:16	32	5:34	196	5:34	19.80	2:00:34	6:05	55		154	39:36
Loddenke	3.10	12:50	4:08	15	2:24	87	2:37	22.90	2:13:24	5:49	55		154	42:13
Ilseburg/Markt	3.30	14:31	4:23	18	2:45	112	3:22	26.20	2:27:55	5:38	26	42:38	154	45:35