



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Weise, Stephan

Club: Lauffreunde Gotha e.V.  
Number: 12

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:28:04

Speed: 10.54 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 164 (of 426)

Rank in course/Men: 155 (of 371)

Best time in course: 1:42:20

Rank in category: 32(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	18:19	5:33	36	3:36	162	5:53	3.30	18:19	5:33	66	0:09	155	5:53
Schlüsie	3.10	19:17	6:13	28	2:53	147	5:51	6.40	37:36	5:52	66		155	11:44
Hermannsklippe	2.60	16:52	6:29	25	2:56	128	5:07	9.00	54:28	6:03	66		110	16:51
Brocken	3.10	27:49	8:58	31	5:54	155	9:43	12.10	1:22:17	6:48	66		155	26:34
Eiserner Handwe	3.60	17:43	4:55	30	3:43	153	5:45	15.70	1:40:00	6:22	66		155	31:37
Schlüsie	4.10	16:52	4:06	35	3:36	163	4:56	19.80	1:56:52	5:54	66		155	35:54
Loddenke	3.10	15:37	5:02	59	4:25	269	5:24	22.90	2:12:29	5:47	66		155	41:18
Ilseburg/Markt	3.30	15:35	4:43	39	3:04	183	4:26	26.20	2:28:04	5:39	32	29:03	155	45:44