



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Schepers, Simon

Number: 139

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:28:07

Speed: 10.53 km/h

Running performance: 5:39 min/km

Rank in course/Total: 165 (of 426)

Rank in course/Men: 156 (of 371)

Best time in course: 1:42:20

Rank in category: 14(of 28)

Best time in the category: 1:53:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:59	6:39	27	7:52	341	9:33	3.30	21:59	6:39	16	4:58	156	9:33
Schlüsie	3.10	21:01	6:46	25	5:24	245	7:35	6.40	43:00	6:43	16	7:03	156	17:08
Hermannsklippe	2.60	18:15	7:01	23	4:43	209	6:30	9.00	1:01:15	6:48	16	8:17	156	23:38
Brocken	3.10	23:01	7:25	3	2:17	22	4:55	12.10	1:24:16	6:57	16	2:09	156	28:33
Eiserner Handwe	3.60	18:10	5:02	15	4:57	175	6:12	15.70	1:42:26	6:31	16	1:43	156	34:03
Schlüsie	4.10	16:33	4:02	13	3:53	147	4:37	19.80	1:58:59	6:00	16	1:26	156	38:01
Loddenke	3.10	13:52	4:28	13	3:01	160	3:39	22.90	2:12:51	5:48	16	1:02	156	41:40
Ilseburg/Markt	3.30	15:16	4:37	12	3:24	159	4:07	26.20	2:28:07	5:39	14	34:21	156	45:47