



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Liebau, Holger

Club: Tunzenhausen
Number: 345

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:28:22

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 166 (of 426)

Rank in course/Men: 157 (of 371)

Best time in course: 1:42:20

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:01	5:09	10	2:54	105	4:35	3.30	17:01	5:09	1	-	112	4:35
Schlüsie	3.10	18:56	6:06	14	3:19	129	5:30	6.40	35:57	5:37	1	-	157	10:05
Hermannsklippe	2.60	17:01	6:32	14	3:29	141	5:16	9.00	52:58	5:53	1	-	157	15:21
Brocken	3.10	29:09	9:24	20	8:25	188	11:03	12.10	1:22:07	6:47	1	-	157	26:24
Eiserner Handwe	3.60	18:36	5:10	19	5:23	197	6:38	15.70	1:40:43	6:24	1	-	157	32:20
Schlüsie	4.10	16:50	4:06	14	4:10	161	4:54	19.80	1:57:33	5:56	1	-	152	36:35
Loddenke	3.10	14:16	4:36	15	3:25	187	4:03	22.90	2:11:49	5:45	1	-	157	40:38
Ilseburg/Markt	3.30	16:33	5:00	21	4:41	236	5:24	26.20	2:28:22	5:39	15	34:36	157	46:02