



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 252

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:28:33

Speed: 10.50 km/h
Running performance: 5:40 min/km

Rank in course/Total: 168 (of 426)

Rank in course/Men: 159 (of 371)

Best time in course: 1:42:20

Rank in category: 33(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.	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	18:43	5:40	39	4:00	179	6:17	3.30	18:43	5:40	61	0:33	159	6:17
Schlüsie	3.10	19:28	6:16	30	3:04	153	6:02	6.40	38:11	5:57	31		159	12:19
Hermannsklippe	2.60	17:30	6:43	33	3:34	167	5:45	9.00	55:41	6:11	65		159	18:04
Brocken	3.10	27:43	8:56	28	5:48	151	9:37	12.10	1:23:24	6:53	65		159	27:41
Eiserner Handwe	3.60	18:19	5:05	38	4:19	180	6:21	15.70	1:41:43	6:28	65		159	33:20
Schlüsie	4.10	17:10	4:11	38	3:54	177	5:14	19.80	1:58:53	6:00	65		159	37:55
Loddenke	3.10	14:06	4:32	35	2:54	173	3:53	22.90	2:12:59	5:48	65		159	41:48
Ilseburg/Markt	3.30	15:34	4:43	37	3:03	180	4:25	26.20	2:28:33	5:40	33	29:32	159	46:13