



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Balzer, Frank

Club: Ammelshain
Number: 257

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:41

Speed: 10.49 km/h
Running performance: 5:40 min/km

Rank in course/Total: 169 (of 426)

Rank in course/Men: 160 (of 371)

Best time in course: 1:42:20

Rank in category: 19(of 57)

Best time in the category: 2:05:19

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	17:09	5:11	9	1:31	113	4:43	3.30	17:09	5:11	39		97	4:43
Schlüsie	3.10	18:25	5:56	10	0:58	108	4:59	6.40	35:34	5:33	48		160	9:42
Hermannsklippe	2.60	16:59	6:31	17	1:59	138	5:14	9.00	52:33	5:50	48		83	14:56
Brocken	3.10	30:01	9:40	28	6:01	213	11:55	12.10	1:22:34	6:49	48		160	26:51
Eiserner Handwe	3.60	18:31	5:08	23	4:03	191	6:33	15.70	1:41:05	6:26	48		160	32:42
Schlüsie	4.10	17:20	4:13	23	3:42	182	5:24	19.80	1:58:25	5:58	48		142	37:27
Loddenke	3.10	14:13	4:35	25	2:41	184	4:00	22.90	2:12:38	5:47	48		160	41:27
Ilseburg/Markt	3.30	16:03	4:51	30	3:07	210	4:54	26.20	2:28:41	5:40	19	23:22	160	46:21