



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Iburg, Stefan

Club: TUS Hasede
Number: 415

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:28:44

Speed: 10.49 km/h
Running performance: 5:41 min/km

Rank in course/Total: 170 (of 426)

Rank in course/Men: 161 (of 371)

Best time in course: 1:42:20

Rank in category: 27(of 58)

Best time in the category: 1:45:17

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	16:53	5:06	17	4:21	98	4:27	3.30	16:53	5:06	56		161	4:27
Schlüsie	3.10	19:39	6:20	27	5:33	161	6:13	6.40	36:32	5:42	56		133	10:40
Hermannsklippe	2.60	17:44	6:49	28	5:15	175	5:59	9.00	54:16	6:01	56		161	16:39
Brocken	3.10	29:24	9:29	33	9:25	196	11:18	12.10	1:23:40	6:54	56		161	27:57
Eiserner Handwe	3.60	17:14	4:47	19	5:16	127	5:16	15.70	1:40:54	6:25	56		161	32:31
Schlüsie	4.10	17:27	4:15	29	5:31	188	5:31	19.80	1:58:21	5:58	56		161	37:23
Loddenke	3.10	14:07	4:33	31	3:41	175	3:54	22.90	2:12:28	5:47	56		161	41:17
Ilseburg/Markt	3.30	16:16	4:55	36	4:30	222	5:07	26.20	2:28:44	5:40	27	43:27	161	46:24