



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf  
Number: 195

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:28:51

Speed: 10.48 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 173 (of 426)

Rank in course/Men: 163 (of 371)

Best time in course: 1:42:20

Rank in category: 16(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	17:33	5:19	13	3:26	127	5:07	3.30	17:33	5:19	14	0:32	164	5:07
Schlüsie	3.10	18:38	6:00	13	3:01	118	5:12	6.40	36:11	5:39	14	0:14	164	10:19
Hermannsklippe	2.60	16:30	6:20	13	2:58	116	4:45	9.00	52:41	5:51	14		164	15:04
Brocken	3.10	25:03	8:04	11	4:19	71	6:57	12.10	1:17:44	6:25	14		164	22:01
Eiserner Handwe	3.60	19:39	5:27	24	6:26	243	7:41	15.70	1:37:23	6:12	14		164	29:00
Schlüsie	4.10	18:29	4:30	23	5:49	240	6:33	19.80	1:55:52	5:51	14		134	34:54
Loddenke	3.10	15:24	4:58	24	4:33	254	5:11	22.90	2:11:16	5:43	14		153	40:05
Ilseburg/Markt	3.30	17:35	5:19	24	5:43	292	6:26	26.20	2:28:51	5:40	16	35:05	163	46:31