



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Heine, Stefan

Club: VfR Wilsche - Neubokel  
Number: 130

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:29:40

Speed: 10.42 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 179 (of 426)

Rank in course/Men: 169 (of 371)

Best time in course: 1:42:20

Rank in category: 35(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. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke           | 3.30     | 18:30      | 5:36         | 37          | 3:47        | 168     | 6:04       | 3.30          | 18:30      | 5:36         | 63       | 0:20        | 73      | 6:04       |
| Schlüsie           | 3.10     | 20:16      | 6:32         | 41          | 3:52        | 195     | 6:50       | 6.40          | 38:46      | 6:03         | 63       |             | 169     | 12:54      |
| Hermannsklippe     | 2.60     | 17:48      | 6:50         | 35          | 3:52        | 179     | 6:03       | 9.00          | 56:34      | 6:17         | 63       |             | 169     | 18:57      |
| Brocken            | 3.10     | 28:50      | 9:18         | 36          | 6:55        | 176     | 10:44      | 12.10         | 1:25:24    | 7:03         | 63       |             | 169     | 29:41      |
| Eiserner Handwe    | 3.60     | 18:07      | 5:01         | 37          | 4:07        | 171     | 6:09       | 15.70         | 1:43:31    | 6:35         | 63       |             | 169     | 35:08      |
| Schlüsie           | 4.10     | 16:20      | 3:59         | 28          | 3:04        | 134     | 4:24       | 19.80         | 1:59:51    | 6:03         | 63       |             | 169     | 38:53      |
| Loddenke           | 3.10     | 13:58      | 4:30         | 34          | 2:46        | 166     | 3:45       | 22.90         | 2:13:49    | 5:50         | 63       |             | 169     | 42:38      |
| Ilseburg/Markt     | 3.30     | 15:51      | 4:48         | 44          | 3:20        | 197     | 4:42       | 26.20         | 2:29:40    | 5:42         | 35       | 30:39       | 169     | 47:20      |