



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