



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

**Bruns, Wolfgang**

Club: Goslar  
Number: 242

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:29:47

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

Rank in course/Total: 181 (of 426)

Rank in course/Men: 171 (of 371)

Best time in course: 1:42:20

Rank in category: 20(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	19:22	5:52	32	3:44	211	6:56	3.30	19:22	5:52	49		171	6:56
Schlüsie	3.10	20:07	6:29	25	2:40	182	6:41	6.40	39:29	6:10	49		171	13:37
Hermannsklippe	2.60	17:49	6:51	26	2:49	181	6:04	9.00	57:18	6:21	49		171	19:41
Brocken	3.10	31:02	10:00	38	7:02	246	12:56	12.10	1:28:20	7:18	49		171	32:37
Eiserner Handwe	3.60	18:53	5:14	26	4:25	211	6:55	15.70	1:47:13	6:49	49		171	38:50
Schlüsie	4.10	15:54	3:52	10	2:16	106	3:58	19.80	2:03:07	6:13	49		171	42:09
Loddenke	3.10	12:43	4:06	6	1:11	80	2:30	22.90	2:15:50	5:55	49		171	44:39
Ilseburg/Markt	3.30	13:57	4:13	8	1:01	77	2:48	26.20	2:29:47	5:43	20	24:28	171	47:27