



42. Brockenlauf

Ilseburg / 01.09.2012

Detailed evaluation

Holub, Ulrich

Club: SV Kyffhäuser
Number: 295

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:25

Speed: 10.37 km/h
Running performance: 5:44 min/km

Rank in course/Total: 186 (of 426)

Rank in course/Men: 176 (of 371)

Best time in course: 1:42:20

Rank in category: 38(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	16:41	5:03	18	1:58	85	4:15	3.30	16:41	5:03	47		70	4:15
Schlüsie	3.10	19:24	6:15	29	3:00	150	5:58	6.40	36:05	5:38	60		176	10:13
Hermannsklippe	2.60	18:24	7:04	45	4:28	216	6:39	9.00	54:29	6:03	60		176	16:52
Brocken	3.10	28:50	9:18	36	6:55	176	10:44	12.10	1:23:19	6:53	60		176	27:36
Eiserner Handwe	3.60	17:42	4:54	29	3:42	151	5:44	15.70	1:41:01	6:26	60		176	32:38
Schlüsie	4.10	17:33	4:16	42	4:17	198	5:37	19.80	1:58:34	5:59	60		176	37:36
Loddenke	3.10	14:58	4:49	50	3:46	231	4:45	22.90	2:13:32	5:49	60		176	42:21
Ilseburg/Markt	3.30	16:53	5:06	60	4:22	263	5:44	26.20	2:30:25	5:44	38	31:24	176	48:05