



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lange, Harald

Club: Harald Lange
Number: 112

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:30:30

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

Rank in course/Total: 187 (of 426)

Rank in course/Men: 177 (of 371)

Best time in course: 1:42:20

Rank in category: 18(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	18:06	5:29	16	3:59	151	5:40	3.30	18:06	5:29	11	1:05	177	5:40
Schlüsie	3.10	20:23	6:34	18	4:46	197	6:57	6.40	38:29	6:00	12	2:32	177	12:37
Hermannsklippe	2.60	18:14	7:00	22	4:42	205	6:29	9.00	56:43	6:18	12	3:45	177	19:06
Brocken	3.10	27:53	8:59	17	7:09	159	9:47	12.10	1:24:36	6:59	12	2:29	177	28:53
Eiserner Handwe	3.60	19:02	5:17	22	5:49	214	7:04	15.70	1:43:38	6:36	12	2:55	177	35:15
Schlüsie	4.10	17:23	4:14	17	4:43	184	5:27	19.80	2:01:01	6:06	12	3:28	177	40:03
Loddenke	3.10	14:05	4:32	14	3:14	172	3:52	22.90	2:15:06	5:53	12	3:17	177	43:55
Ilseburg/Markt	3.30	15:24	4:40	14	3:32	167	4:15	26.20	2:30:30	5:44	18	36:44	177	48:10