



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Ketzer, Christoph

Club: Iserlohner Triathlon Team
Number: 23

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:57

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 190 (of 426)

Rank in course/Men: 180 (of 371)

Best time in course: 1:42:20

Rank in category: 39(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	18:03	5:28	31	3:20	144	5:37	3.30	18:03	5:28	31		85	5:37
Schlüsle	3.10	20:08	6:29	38	3:44	184	6:42	6.40	38:11	5:57	31		159	12:19
Hermannsklippe	2.60	17:26	6:42	31	3:30	163	5:41	9.00	55:37	6:10	31		180	18:00
Brocken	3.10	28:23	9:09	33	6:28	167	10:17	12.10	1:24:00	6:56	31		180	28:17
Eiserner Handwe	3.60	18:31	5:08	43	4:31	191	6:33	15.70	1:42:31	6:31	31		180	34:08
Schlüsle	4.10	18:51	4:35	52	5:35	251	6:55	19.80	2:01:22	6:07	31		180	40:24
Loddenke	3.10	14:16	4:36	40	3:04	187	4:03	22.90	2:15:38	5:55	31		180	44:27
Ilseburg/Markt	3.30	15:19	4:38	32	2:48	160	4:10	26.20	2:30:57	5:45	39	31:56	180	48:37