



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Jensen, Ib

Club: Kolding Motion
Number: 2

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:13

Speed: 10.32 km/h
Running performance: 5:46 min/km

Rank in course/Total: 191 (of 426)

Rank in course/Men: 181 (of 371)

Best time in course: 1:42:20

Rank in category: 23(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	21:01	6:46	36	3:34	245	7:35	6.40	40:23	6:18	52		181	14:31
Hermannsklippe	2.60	18:53	7:15	33	3:53	231	7:08	9.00	59:16	6:35	52		181	21:39
Brocken	3.10	29:41	9:34	26	5:41	204	11:35	12.10	1:28:57	7:21	52		181	33:14
Eiserner Handwe	3.60	17:14	4:47	12	2:46	127	5:16	15.70	1:46:11	6:45	52		181	37:48
Schlüsie	4.10	16:18	3:58	14	2:40	131	4:22	19.80	2:02:29	6:11	52		181	41:31
Loddenke	3.10	13:38	4:23	20	2:06	145	3:25	22.90	2:16:07	5:56	52		181	44:56
Ilseburg/Markt	3.30	15:06	4:34	23	2:10	148	3:57	26.20	2:31:13	5:46	23	25:54	181	48:53