



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorfer Rennmäuse
Number: 140

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:17

Speed: 10.31 km/h
Running performance: 5:46 min/km

Rank in course/Total: 192 (of 426)

Rank in course/Men: 182 (of 371)

Best time in course: 1:42:20

Rank in category: 40(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	17:43	5:22	26	3:00	130	5:17	3.30	17:43	5:22	20		182	5:17
Schlüsie	3.10	19:06	6:09	27	2:42	141	5:40	6.40	36:49	5:45	20		182	10:57
Hermannsklippe	2.60	17:04	6:33	27	3:08	145	5:19	9.00	53:53	5:59	20		182	16:16
Brocken	3.10	28:58	9:20	38	7:03	179	10:52	12.10	1:22:51	6:50	20		182	27:08
Eiserner Handwe	3.60	19:33	5:25	52	5:33	239	7:35	15.70	1:42:24	6:31	20		182	34:01
Schlüsie	4.10	18:22	4:28	47	5:06	229	6:26	19.80	2:00:46	6:05	20		182	39:48
Loddenke	3.10	15:26	4:58	54	4:14	256	5:13	22.90	2:16:12	5:56	20		182	45:01
Ilseburg/Markt	3.30	15:05	4:34	29	2:34	146	3:56	26.20	2:31:17	5:46	40	32:16	182	48:57