



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Vahldiek, Mirko

Club: Beierstedt
Number: 141

Course: 26.20 km
Brockenlauf

Category:
Männer (20-29 Jahre)

Total time: 2:31:20

Speed: 10.31 km/h
Running performance: 5:47 min/km

Rank in course/Total: 193 (of 426)

Rank in course/Men: 183 (of 371)

Best time in course: 1:42:20

Rank in category: 28(of 37)

Best time in the category: 1:42:20

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	15:25	4:40	10	2:59	32	2:59	3.30	15:25	4:40	10		25	2:59
Schlüsie	3.10	18:31	5:58	21	5:05	111	5:05	6.40	33:56	5:18	10		183	8:04
Hermannsklippe	2.60	17:29	6:43	27	5:44	165	5:44	9.00	51:25	5:42	10		183	13:48
Brocken	3.10	27:40	8:55	25	9:34	150	9:34	12.10	1:19:05	6:32	10		183	23:22
Eiserner Handwe	3.60	20:02	5:33	31	7:22	255	8:04	15.70	1:39:07	6:18	10		183	30:44
Schlüsie	4.10	16:44	4:04	25	4:09	155	4:48	19.80	1:55:51	5:51	10		183	34:53
Loddenke	3.10	14:53	4:48	31	4:40	226	4:40	22.90	2:10:44	5:42	10		183	39:33
Ilseburg/Markt	3.30	20:36	6:14	35	9:27	346	9:27	26.20	2:31:20	5:46	28	49:00	183	49:00