



# 42. Brockenlauf

Ilseburg / 01.09.2012

## Detailed evaluation

**Clemens, Horst**

Club: LC Paderborn  
Number: 699

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 2:31:23

Speed: 10.30 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 194 (of 426)

Rank in course/Men: 184 (of 371)

Best time in course: 1:42:20

Rank in category: 1(of 6)

Best time in the category: 2:31:23

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	18:41	5:39	2	0:27	178	6:15	3.30	18:41	5:39	1	-	184	6:15
Schlüsie	3.10	21:50	7:02	3	1:12	281	8:24	6.40	40:31	6:19	1	-	184	14:39
Hermannsklippe	2.60	18:56	7:16	2	0:50	235	7:11	9.00	59:27	6:36	1	-	184	21:50
Brocken	3.10	30:36	9:52	2	2:13	233	12:30	12.10	1:30:03	7:26	1	-	184	34:20
Eiserner Handwe	3.60	16:18	4:31	1	-	88	4:20	15.70	1:46:21	6:46	1	-	184	37:58
Schlüsie	4.10	15:35	3:48	1	-	87	3:39	19.80	2:01:56	6:09	1	-	184	40:58
Loddenke	3.10	13:52	4:28	1	-	160	3:39	22.90	2:15:48	5:55	1	-	184	44:37
Ilseburg/Markt	3.30	15:35	4:43	1	-	183	4:26	26.20	2:31:23	5:46	1	-	184	49:03