



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Schroeder-Uter, Lars

Club: TSV Tinum 66
Number: 46

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:34

Speed: 10.29 km/h
Running performance: 5:47 min/km

Rank in course/Total: 196 (of 426)

Rank in course/Men: 186 (of 371)

Best time in course: 1:42:20

Rank in category: 30(of 58)

Best time in the category: 1:45:17

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	17:10	5:12	22	4:38	116	4:44	3.30	17:10	5:12	16		130	4:44
Schlüsie	3.10	19:58	6:26	30	5:52	173	6:32	6.40	37:08	5:48	16		186	11:16
Hermannsklippe	2.60	17:52	6:52	29	5:23	185	6:07	9.00	55:00	6:06	16		186	17:23
Brocken	3.10	30:18	9:46	39	10:19	221	12:12	12.10	1:25:18	7:02	16		186	29:35
Eiserner Handwe	3.60	18:10	5:02	31	6:12	175	6:12	15.70	1:43:28	6:35	16		186	35:05
Schlüsie	4.10	17:40	4:18	34	5:44	202	5:44	19.80	2:01:08	6:07	16		186	40:10
Loddenke	3.10	14:58	4:49	39	4:32	231	4:45	22.90	2:16:06	5:56	16		186	44:55
Ilseburg/Markt	3.30	15:28	4:41	30	3:42	176	4:19	26.20	2:31:34	5:47	30	46:17	186	49:14