



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Mock, Ralf

Club: TUS Hasede
Number: 370

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:31:41

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 197 (of 426)

Rank in course/Men: 187 (of 371)

Best time in course: 1:42:20

Rank in category: 25(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	18:52	5:43	27	3:14	189	6:26	3.30	18:52	5:43	54		187	6:26
Schlüsie	3.10	20:25	6:35	30	2:58	200	6:59	6.40	39:17	6:08	54		187	13:25
Hermannsklippe	2.60	17:39	6:47	24	2:39	172	5:54	9.00	56:56	6:19	50		175	19:19
Brocken	3.10	27:10	8:45	17	3:10	136	9:04	12.10	1:24:06	6:57	54		187	28:23
Eiserner Handwe	3.60	18:34	5:09	24	4:06	195	6:36	15.70	1:42:40	6:32	54		187	34:17
Schlüsie	4.10	18:02	4:23	27	4:24	215	6:06	19.80	2:00:42	6:05	54		187	39:44
Loddenke	3.10	14:53	4:48	34	3:21	226	4:40	22.90	2:15:35	5:55	54		187	44:24
Ilseburg/Markt	3.30	16:06	4:52	32	3:10	214	4:57	26.20	2:31:41	5:47	25	26:22	187	49:21