



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Genrich, Dr. Florian

Club: Post SV Holzminden
Number: 174

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:32:23

Speed: 10.24 km/h
Running performance: 5:49 min/km

Rank in course/Total: 203 (of 426)

Rank in course/Men: 193 (of 371)

Best time in course: 1:42:20

Rank in category: 20(of 28)

Best time in the category: 1:53:46

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	19:46	5:59	22	5:39	246	7:20	3.30	19:46	5:59	10	2:45	193	7:20
Schlüsie	3.10	20:36	6:38	22	4:59	212	7:10	6.40	40:22	6:18	10	4:25	193	14:30
Hermannsklippe	2.60	17:45	6:49	18	4:13	178	6:00	9.00	58:07	6:27	10	5:09	193	20:30
Brocken	3.10	29:45	9:35	22	9:01	208	11:39	12.10	1:27:52	7:15	10	5:45	193	32:09
Eiserner Handwe	3.60	17:39	4:54	13	4:26	150	5:41	15.70	1:45:31	6:43	10	4:48	193	37:08
Schlüsie	4.10	15:59	3:53	12	3:19	113	4:03	19.80	2:01:30	6:08	10	3:57	193	40:32
Loddenke	3.10	14:37	4:42	18	3:46	212	4:24	22.90	2:16:07	5:56	10	4:18	181	44:56
Ilseburg/Markt	3.30	16:16	4:55	19	4:24	222	5:07	26.20	2:32:23	5:48	20	38:37	193	50:03