



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Mamecke, Maik

Club: Gutsmuts-Rennsteiglaufverein
Number: 384

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:32:27

Speed: 10.23 km/h
Running performance: 5:49 min/km

Rank in course/Total: 204 (of 426)

Rank in course/Men: 194 (of 371)

Best time in course: 1:42:20

Rank in category: 41(of 77)

Best time in the category: 1:59:01

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	19:29	5:54	46	4:46	221	7:03	3.30	19:29	5:54	19	1:19	194	7:03
Schlüsie	3.10	20:04	6:28	37	3:40	179	6:38	6.40	39:33	6:10	19		194	13:41
Hermannsklippe	2.60	18:11	6:59	40	4:15	204	6:26	9.00	57:44	6:24	19		194	20:07
Brocken	3.10	29:05	9:22	39	7:10	186	10:59	12.10	1:26:49	7:10	19		194	31:06
Eiserner Handwe	3.60	18:19	5:05	38	4:19	180	6:21	15.70	1:45:08	6:41	19		194	36:45
Schlüsie	4.10	17:50	4:20	43	4:34	206	5:54	19.80	2:02:58	6:12	19		194	42:00
Loddenke	3.10	14:09	4:33	37	2:57	178	3:56	22.90	2:17:07	5:59	19		194	45:56
Ilseburg/Markt	3.30	15:20	4:38	33	2:49	162	4:11	26.20	2:32:27	5:49	41	33:26	194	50:07