



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Franke, Uwe

Club: Braunschweig
Number: 270

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:33:58

Speed: 10.13 km/h
Running performance: 5:53 min/km

Rank in course/Total: 216 (of 426)

Rank in course/Men: 201 (of 371)

Best time in course: 1:42:20

Rank in category: 27(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	19:17	5:50	31	3:39	208	6:51	3.30	19:17	5:50	56		201	6:51
Schlüsie	3.10	20:23	6:34	29	2:56	197	6:57	6.40	39:40	6:11	56		149	13:48
Hermannsklippe	2.60	18:49	7:14	31	3:49	226	7:04	9.00	58:29	6:29	56		201	20:52
Brocken	3.10	27:45	8:57	21	3:45	152	9:39	12.10	1:26:14	7:07	56		201	30:31
Eiserner Handwe	3.60	19:20	5:22	32	4:52	233	7:22	15.70	1:45:34	6:43	56		201	37:11
Schlüsie	4.10	18:26	4:29	33	4:48	234	6:30	19.80	2:04:00	6:15	56		201	43:02
Loddenke	3.10	14:34	4:41	30	3:02	207	4:21	22.90	2:18:34	6:03	56		201	47:23
Ilseburg/Markt	3.30	15:24	4:40	26	2:28	167	4:15	26.20	2:33:58	5:52	27	28:39	201	51:38