



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Koch, Ingmar

Club: Ultramarathon Essighausen
Number: 184

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:00

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

Rank in course/Total: 217 (of 426)

Rank in course/Men: 202 (of 371)

Best time in course: 1:42:20

Rank in category: 33(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	19:22	5:52	37	6:50	211	6:56	3.30	19:22	5:52	4		171	6:56
Schlüsie	3.10	20:10	6:30	33	6:04	190	6:44	6.40	39:32	6:10	4		196	13:40
Hermannsklippe	2.60	18:42	7:11	35	6:13	222	6:57	9.00	58:14	6:28	4		202	20:37
Brocken	3.10	28:45	9:16	27	8:46	171	10:39	12.10	1:26:59	7:11	4		202	31:16
Eiserner Handwe	3.60	19:16	5:21	37	7:18	228	7:18	15.70	1:46:15	6:46	4		202	37:52
Schlüsie	4.10	17:36	4:17	33	5:40	200	5:40	19.80	2:03:51	6:15	4		202	42:53
Loddenke	3.10	14:44	4:45	36	4:18	219	4:31	22.90	2:18:35	6:03	4		202	47:24
Ilseburg/Markt	3.30	15:25	4:40	29	3:39	170	4:16	26.20	2:34:00	5:52	33	48:43	202	51:40