



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Schaper, Frank

Club: Langeln  
Number: 390

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:34:01

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

Rank in course/Total: 218 (of 426)

Rank in course/Men: 203 (of 371)

Best time in course: 1:42:20

Rank in category: 42(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	19:25	5:53	44	4:42	219	6:59	3.30	19:25	5:53	18	1:15	203	6:59
Schlüsie	3.10	19:59	6:26	35	3:35	175	6:33	6.40	39:24	6:09	18		146	13:32
Hermannsklippe	2.60	17:53	6:52	37	3:57	186	6:08	9.00	57:17	6:21	18		146	19:40
Brocken	3.10	31:32	10:10	50	9:37	262	13:26	12.10	1:28:49	7:20	18		203	33:06
Eiserner Handwe	3.60	19:02	5:17	49	5:02	214	7:04	15.70	1:47:51	6:52	18		203	39:28
Schlüsie	4.10	16:56	4:07	36	3:40	167	5:00	19.80	2:04:47	6:18	18		203	43:49
Loddenke	3.10	14:08	4:33	36	2:56	177	3:55	22.90	2:18:55	6:03	18		203	47:44
Ilseburg/Markt	3.30	15:06	4:34	30	2:35	148	3:57	26.20	2:34:01	5:52	42	35:00	203	51:41