



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Papendieck, Ralf

Club: Schwedter Hasen
Number: 267

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:25

Speed: 10.10 km/h
Running performance: 5:53 min/km

Rank in course/Total: 221 (of 426)

Rank in course/Men: 205 (of 371)

Best time in course: 1:42:20

Rank in category: 43(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	18:54	5:43	41	4:11	191	6:28	3.30	18:54	5:43	17	0:44	166	6:28
Schlüsie	3.10	20:00	6:27	36	3:36	176	6:34	6.40	38:54	6:04	17		205	13:02
Hermannsklippe	2.60	18:17	7:01	42	4:21	211	6:32	9.00	57:11	6:21	17		205	19:34
Brocken	3.10	32:21	10:26	56	10:26	284	14:15	12.10	1:29:32	7:23	16		205	33:49
Eiserner Handwe	3.60	18:37	5:10	45	4:37	199	6:39	15.70	1:48:09	6:53	17		205	39:46
Schlüsie	4.10	17:52	4:21	44	4:36	208	5:56	19.80	2:06:01	6:21	17		205	45:03
Loddenke	3.10	13:23	4:19	25	2:11	130	3:10	22.90	2:19:24	6:05	17		205	48:13
Ilseburg/Markt	3.30	15:01	4:33	27	2:30	141	3:52	26.20	2:34:25	5:53	43	35:24	205	52:05