



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Grundt, Dirk

Club: Voerde
Number: 151

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:34:57

Speed: 10.07 km/h
Running performance: 5:55 min/km

Rank in course/Total: 226 (of 426)

Rank in course/Men: 210 (of 371)

Best time in course: 1:42:20

Rank in category: 34(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	19:46	5:59	44	7:14	246	7:20	3.30	19:46	5:59	5		193	7:20
Schlüsie	3.10	20:42	6:40	35	6:36	220	7:16	6.40	40:28	6:19	5		210	14:36
Hermannsklippe	2.60	17:12	6:36	25	4:43	150	5:27	9.00	57:40	6:24	5		210	20:03
Brocken	3.10	29:09	9:24	30	9:10	188	11:03	12.10	1:26:49	7:10	5		194	31:06
Eiserner Handwe	3.60	19:43	5:28	40	7:45	246	7:45	15.70	1:46:32	6:47	5		210	38:09
Schlüsie	4.10	17:59	4:23	36	6:03	212	6:03	19.80	2:04:31	6:17	5		210	43:33
Loddenke	3.10	14:20	4:37	33	3:54	192	4:07	22.90	2:18:51	6:03	5		210	47:40
Ilseburg/Markt	3.30	16:06	4:52	34	4:20	214	4:57	26.20	2:34:57	5:54	34	49:40	210	52:37