



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 |