



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Zöllmann, Uwe

Club: Braunschweig
Number: 442

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:58

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

Rank in course/Total: 227 (of 426)

Rank in course/Men: 211 (of 371)

Best time in course: 1:42:20

Rank in category: 45(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	22:34	6:50	74	7:51	351	10:08	3.30	22:34	6:50	15	4:24	211	10:08
Schlüsie	3.10	20:58	6:45	51	4:34	241	7:32	6.40	43:32	6:48	15	3:25	211	17:40
Hermannsklippe	2.60	16:17	6:15	21	2:21	105	4:32	9.00	59:49	6:38	15		211	22:12
Brocken	3.10	26:39	8:35	25	4:44	114	8:33	12.10	1:26:28	7:08	15		211	30:45
Eiserner Handwe	3.60	18:32	5:08	44	4:32	193	6:34	15.70	1:45:00	6:41	15		211	36:37
Schlüsie	4.10	18:47	4:34	51	5:31	249	6:51	19.80	2:03:47	6:15	15		211	42:49
Loddenke	3.10	14:54	4:48	47	3:42	228	4:41	22.90	2:18:41	6:03	15		211	47:30
Ilseburg/Markt	3.30	16:17	4:56	50	3:46	224	5:08	26.20	2:34:58	5:54	45	35:57	211	52:38