



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Spomer, Lutz

Club: Delligser SC
Number: 396

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:36:19

Speed: 9.98 km/h
Running performance: 5:58 min/km

Rank in course/Total: 233 (of 426)

Rank in course/Men: 216 (of 371)

Best time in course: 1:42:20

Rank in category: 36(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	19:21	5:51	36	6:49	210	6:55	3.30	19:21	5:51	7		216	6:55
Schlüsie	3.10	19:50	6:23	28	5:44	166	6:24	6.40	39:11	6:07	7		216	13:19
Hermannsklippe	2.60	18:09	6:58	33	5:40	203	6:24	9.00	57:20	6:22	7		216	19:43
Brocken	3.10	31:13	10:04	44	11:14	255	13:07	12.10	1:28:33	7:19	7		214	32:50
Eiserner Handwe	3.60	18:33	5:09	33	6:35	194	6:35	15.70	1:47:06	6:49	7		216	38:43
Schlüsie	4.10	17:27	4:15	29	5:31	188	5:31	19.80	2:04:33	6:17	7		216	43:35
Loddenke	3.10	14:52	4:47	38	4:26	225	4:39	22.90	2:19:25	6:05	7		216	48:14
Ilseburg/Markt	3.30	16:54	5:07	42	5:08	264	5:45	26.20	2:36:19	5:57	36	51:02	216	53:59