



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Rauschenberger, Sven

Club: VfL Wildeshausen  
Number: 75

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:36:49

Speed: 9.95 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 234 (of 426)

Rank in course/Men: 217 (of 371)

Best time in course: 1:42:20

Rank in category: 37(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	19:48	6:00	45	7:16	250	7:22	3.30	19:48	6:00	8		129	7:22
Schlüsie	3.10	20:42	6:40	35	6:36	220	7:16	6.40	40:30	6:19	8		217	14:38
Hermannsklippe	2.60	19:18	7:25	42	6:49	251	7:33	9.00	59:48	6:38	8		217	22:11
Brocken	3.10	29:32	9:31	34	9:33	200	11:26	12.10	1:29:20	7:22	8		217	33:37
Eiserner Handwe	3.60	20:09	5:35	41	8:11	258	8:11	15.70	1:49:29	6:58	8		217	41:06
Schlüsie	4.10	18:27	4:30	40	6:31	236	6:31	19.80	2:07:56	6:27	8		217	46:58
Loddenke	3.10	14:02	4:31	28	3:36	169	3:49	22.90	2:21:58	6:11	8		217	50:47
Ilseburg/Markt	3.30	14:51	4:30	24	3:05	133	3:42	26.20	2:36:49	5:59	37	51:32	217	54:29