



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Albrecht, Frank

Club: Menden  
Number: 290

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:37:56

Speed: 9.88 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 242 (of 426)

Rank in course/Men: 224 (of 371)

Best time in course: 1:42:20

Rank in category: 33(of 57)

Best time in the category: 2:05:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:17	6:08	40	4:39	281	7:51	3.30	20:17	6:08	5		224	7:51
Schlüsie	3.10	19:55	6:25	23	2:28	171	6:29	6.40	40:12	6:16	5		135	14:20
Hermannsklippe	2.60	17:27	6:42	22	2:27	164	5:42	9.00	57:39	6:24	5		224	20:02
Brocken	3.10	27:51	8:59	22	3:51	157	9:45	12.10	1:25:30	7:03	5		224	29:47
Eiserner Handwe	3.60	19:40	5:27	35	5:12	245	7:42	15.70	1:45:10	6:41	5		224	36:47
Schlüsie	4.10	18:44	4:34	36	5:06	248	6:48	19.80	2:03:54	6:15	5		207	42:56
Loddenke	3.10	16:15	5:14	45	4:43	290	6:02	22.90	2:20:09	6:07	5		224	48:58
Ilseburg/Markt	3.30	17:47	5:23	48	4:51	298	6:38	26.20	2:37:56	6:01	33	32:37	224	55:36