



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lenk, Alexander

Club: Poing
Number: 148

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:39:08

Speed: 9.80 km/h
Running performance: 6:04 min/km

Rank in course/Total: 248 (of 426)

Rank in course/Men: 229 (of 371)

Best time in course: 1:42:20

Rank in category: 22(of 28)

Best time in the category: 1:53:46

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	18:44	5:40	20	4:37	182	6:18	3.30	18:44	5:40	8	1:43	192	6:18
Schlüsie	3.10	20:36	6:38	22	4:59	212	7:10	6.40	39:20	6:08	8	3:23	229	13:28
Hermannsklippe	2.60	18:38	7:09	25	5:06	220	6:53	9.00	57:58	6:26	8	5:00	229	20:21
Brocken	3.10	31:29	10:09	25	10:45	260	13:23	12.10	1:29:27	7:23	8	7:20	229	33:44
Eiserner Handwe	3.60	18:23	5:06	18	5:10	184	6:25	15.70	1:47:50	6:52	8	7:07	229	39:27
Schlüsie	4.10	17:42	4:19	19	5:02	203	5:46	19.80	2:05:32	6:20	8	7:59	229	44:34
Loddenke	3.10	15:17	4:55	23	4:26	249	5:04	22.90	2:20:49	6:08	8	9:00	229	49:38
Ilseburg/Markt	3.30	18:19	5:33	26	6:27	308	7:10	26.20	2:39:08	6:04	22	45:22	229	56:48