



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Forstenbacher, Bernd

Club: Triathlonfreunde Wittenberg  
Number: 88

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:39:23

Speed: 9.79 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 252 (of 426)

Rank in course/Men: 233 (of 371)

Best time in course: 1:42:20

Rank in category: 38(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	18:45	5:40	32	6:13	184	6:19	3.30	18:45	5:40	9		233	6:19
Schlüsie	3.10	20:46	6:41	38	6:40	226	7:20	6.40	39:31	6:10	9		233	13:39
Hermannsklippe	2.60	18:07	6:58	32	5:38	201	6:22	9.00	57:38	6:24	9		233	20:01
Brocken	3.10	32:26	10:27	50	12:27	285	14:20	12.10	1:30:04	7:26	9		233	34:21
Eiserner Handwe	3.60	19:15	5:20	36	7:17	226	7:17	15.70	1:49:19	6:57	9		233	40:56
Schlüsie	4.10	18:39	4:32	43	6:43	244	6:43	19.80	2:07:58	6:27	9		233	47:00
Loddenke	3.10	14:29	4:40	34	4:03	200	4:16	22.90	2:22:27	6:13	9		233	51:16
Ilseburg/Markt	3.30	16:56	5:07	43	5:10	266	5:47	26.20	2:39:23	6:04	38	54:06	233	57:03