



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Krüger, Stefan

Club: TSV Heist
Number: 253

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:42:56

Speed: 9.57 km/h
Running performance: 6:13 min/km

Rank in course/Total: 277 (of 426)

Rank in course/Men: 254 (of 371)

Best time in course: 1:42:20

Rank in category: 51(of 77)

Best time in the category: 1:59:01

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	19:38	5:56	50	4:55	234	7:12	3.30	19:38	5:56	9	1:28	253	7:12
Schlüsie	3.10	20:50	6:43	48	4:26	233	7:24	6.40	40:28	6:19	9	0:21	210	14:36
Hermannsklippe	2.60	19:18	7:25	50	5:22	251	7:33	9.00	59:46	6:38	9		253	22:09
Brocken	3.10	30:28	9:49	45	8:33	230	12:22	12.10	1:30:14	7:27	9		204	34:31
Eiserner Handwe	3.60	20:38	5:43	56	6:38	274	8:40	15.70	1:50:52	7:03	9		253	42:29
Schlüsie	4.10	20:02	4:53	62	6:46	285	8:06	19.80	2:10:54	6:36	9	1:26	253	49:56
Loddenke	3.10	15:13	4:54	52	4:01	245	5:00	22.90	2:26:07	6:22	9	2:15	253	54:56
Ilseburg/Markt	3.30	16:49	5:05	59	4:18	260	5:40	26.20	2:42:56	6:13	51	43:55	254	1:00:36