



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Vorwerg, Michael

Club: Stick-Running Dortmund
Number: 160

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:43:13

Speed: 9.56 km/h
Running performance: 6:14 min/km

Rank in course/Total: 279 (of 426)

Rank in course/Men: 255 (of 371)

Best time in course: 1:42:20

Rank in category: 14(of 26)

Best time in the category: 2:07:09

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	20:50	6:18	19	4:45	303	8:24	3.30	20:50	6:18	9	1:13	254	8:24
Schlüsie	3.10	21:53	7:03	16	4:32	287	8:27	6.40	42:43	6:40	15	2:59	254	16:51
Hermannsklippe	2.60	19:50	7:37	15	4:35	278	8:05	9.00	1:02:33	6:56	15	4:50	254	24:56
Brocken	3.10	31:41	10:13	15	6:51	265	13:35	12.10	1:34:14	7:47	15	5:37	254	38:31
Eiserner Handwe	3.60	19:16	5:21	14	4:19	228	7:18	15.70	1:53:30	7:13	15	5:55	254	45:07
Schlüsie	4.10	17:30	4:16	13	3:35	196	5:34	19.80	2:11:00	6:36	15	3:32	254	50:02
Loddenke	3.10	15:31	5:00	17	4:00	262	5:18	22.90	2:26:31	6:23	15	2:40	254	55:20
Ilseburg/Markt	3.30	16:42	5:03	14	3:35	249	5:33	26.20	2:43:13	6:13	14	36:04	255	1:00:53