



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Zerbe, Friedmar

Club: LG Silbersee Leipzig
Number: 76

Course: 26.20 km
Brockenlauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 2:43:41

Speed: 9.53 km/h
Running performance: 6:15 min/km

Rank in course/Total: 281 (of 426)

Rank in course/Men: 257 (of 371)

Best time in course: 1:42:20

Rank in category: 3(of 6)

Best time in the category: 2:31:23

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	19:53	6:01	3	1:39	259	7:27	3.30	19:53	6:01	3	1:12	230	7:27
Schlüsie	3.10	21:29	6:55	2	0:51	261	8:03	6.40	41:22	6:27	3	0:51	256	15:30
Hermannsklippe	2.60	20:36	7:55	3	2:30	303	8:51	9.00	1:01:58	6:53	3	2:31	256	24:21
Brocken	3.10	32:17	10:24	3	3:54	281	14:11	12.10	1:34:15	7:47	3	4:12	256	38:32
Eiserner Handwe	3.60	19:04	5:17	3	2:46	218	7:06	15.70	1:53:19	7:13	3	6:58	256	44:56
Schlüsie	4.10	18:06	4:24	3	2:31	220	6:10	19.80	2:11:25	6:38	3	9:29	256	50:27
Loddenke	3.10	15:08	4:52	3	1:16	242	4:55	22.90	2:26:33	6:23	3	10:45	256	55:22
Ilseburg/Markt	3.30	17:08	5:11	3	1:33	278	5:59	26.20	2:43:41	6:14	3	12:18	257	1:01:21