



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt  
Number: 220

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:44:15

Speed: 9.50 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 283 (of 426)

Rank in course/Men: 259 (of 371)

Best time in course: 1:42:20

Rank in category: 52(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	19:36	5:56	49	4:53	228	7:10	3.30	19:36	5:56	8	1:26	213	7:10
Schlüsie	3.10	20:53	6:44	49	4:29	236	7:27	6.40	40:29	6:19	8	0:22	258	14:37
Hermannsklippe	2.60	18:55	7:16	47	4:59	234	7:10	9.00	59:24	6:35	8		258	21:47
Brocken	3.10	25:10	8:07	12	3:15	73	7:04	12.10	1:24:34	6:59	8		258	28:51
Eiserner Handwe	3.60	27:44	7:42	77	13:44	365	15:46	15.70	1:52:18	7:09	8	0:12	258	43:55
Schlüsie	4.10	19:33	4:46	57	6:17	269	7:37	19.80	2:11:51	6:39	8	2:23	258	50:53
Loddenke	3.10	15:25	4:58	53	4:13	255	5:12	22.90	2:27:16	6:25	8	3:24	258	56:05
Ilseburg/Markt	3.30	16:59	5:08	63	4:28	272	5:50	26.20	2:44:15	6:16	52	45:14	259	1:01:55