



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Fritsche, Rainer

Club: Wernigerode
Number: 302

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:23

Speed: 9.56 km/h
Running performance: 6:16 min/km

Rank in course/Total: 285 (of 426)

Rank in course/Men: 260 (of 371)

Best time in course: 1:42:20

Rank in category: 53(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	19:50	6:00	56	5:07	256	7:24	3.30	19:50	6:00	7	1:40	259	7:24
Schlüsse	3.10	21:41	6:59	59	5:17	275	8:15	6.40	41:31	6:29	3	1:24	259	15:39
Hermannsklippe	2.60	20:03	7:42	57	6:07	285	8:18	9.00	1:01:34	6:50	7	1:20	259	23:57
Brocken	3.10	32:15	10:24	55	10:20	280	14:09	12.10	1:33:49	7:45	7	0:06	259	38:06
Eiserner Handwe	3.60	18:52	5:14	48	4:52	210	6:54	15.70	1:52:41	7:10	7	0:35	259	44:18
Schlüsse	4.10	18:18	4:27	46	5:02	227	6:22	19.80	2:10:59	6:36	7	1:31	259	50:01
Loddenke	3.10	16:45	5:24	66	5:33	310	6:32	22.90	2:27:44	6:27	7	3:52	259	56:33
Ilseburg/Markt	3.30	16:39	5:02	54	4:08	246	5:30	26.20	2:44:23	6:16	53	45:22	260	1:02:03