



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Zennecke, Bernd

Club: Nordhausen

Number: 223

Course: 26.20 km

Brockenlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:46:05

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 296 (of 426)

Rank in course/Men: 269 (of 371)

Best time in course: 1:42:20

Rank in category: 7(of 21)

Best time in the category: 2:17:19

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	21:57	6:39	17	5:28	340	9:31	3.30	21:57	6:39	16	0:45	269	9:31
Schlüsse	3.10	21:52	7:03	9	3:38	286	8:26	6.40	43:49	6:50	16	0:49	269	17:57
Hermannsklippe	2.60	19:05	7:20	6	2:53	241	7:20	9.00	1:02:54	6:59	16	0:06	269	25:17
Brocken	3.10	30:48	9:56	7	4:39	240	12:42	12.10	1:33:42	7:44	16		269	37:59
Eiserner Handwe	3.60	20:52	5:47	10	4:18	283	8:54	15.70	1:54:34	7:17	16		269	46:11
Schlüsse	4.10	18:41	4:33	6	3:03	246	6:45	19.80	2:13:15	6:43	16		269	52:17
Loddenke	3.10	15:41	5:03	9	2:42	273	5:28	22.90	2:28:56	6:30	16		269	57:45
Ilseburg/Markt	3.30	17:09	5:11	13	2:23	280	6:00	26.20	2:46:05	6:20	7	28:46	269	1:03:45