



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Sommer, Carsten

Club: Wendeburg
Number: 261

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:46:10

Speed: 9.39 km/h
Running performance: 6:20 min/km

Rank in course/Total: 297 (of 426)

Rank in course/Men: 270 (of 371)

Best time in course: 1:42:20

Rank in category: 56(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	20:15	6:08	62	5:32	278	7:49	3.30	20:15	6:08	4	2:05	270	7:49
Schlüsie	3.10	21:11	6:49	54	4:47	252	7:45	6.40	41:26	6:28	4	1:19	228	15:34
Hermannsklippe	2.60	19:16	7:24	49	5:20	249	7:31	9.00	1:00:42	6:44	4	0:28	225	23:05
Brocken	3.10	32:41	10:32	57	10:46	291	14:35	12.10	1:33:23	7:43	4		270	37:40
Eiserner Handwe	3.60	21:04	5:51	57	7:04	286	9:06	15.70	1:54:27	7:17	4	2:21	270	46:04
Schlüsie	4.10	19:15	4:41	54	5:59	260	7:19	19.80	2:13:42	6:45	4	4:14	270	52:44
Loddenke	3.10	15:44	5:04	61	4:32	275	5:31	22.90	2:29:26	6:31	4	5:34	270	58:15
Ilseburg/Markt	3.30	16:44	5:04	56	4:13	252	5:35	26.20	2:46:10	6:20	56	47:09	270	1:03:50