



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ölmann, M

Club: LT Langelshiem
Number: 433

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:47:48

Speed: 9.30 km/h
Running performance: 6:24 min/km

Rank in course/Total: 307 (of 426)

Rank in course/Men: 277 (of 371)

Best time in course: 1:42:20

Rank in category: 47(of 58)

Best time in the category: 1:45:17

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	40	7:04	228	7:10	3.30	19:36	5:56	18		213	7:10
Schlüsie	3.10	20:57	6:45	44	6:51	240	7:31	6.40	40:33	6:20	18		274	14:41
Hermannsklippe	2.60	19:42	7:34	49	7:13	273	7:57	9.00	1:00:15	6:41	18		277	22:38
Brocken	3.10	30:20	9:47	40	10:21	222	12:14	12.10	1:30:35	7:29	18		277	34:52
Eiserner Handwe	3.60	21:35	5:59	49	9:37	302	9:37	15.70	1:52:10	7:08	18		277	43:47
Schlüsie	4.10	20:18	4:57	49	8:22	294	8:22	19.80	2:12:28	6:41	18		277	51:30
Loddenke	3.10	16:48	5:25	52	6:22	312	6:35	22.90	2:29:16	6:31	18	0:48	272	58:05
Ilseburg/Markt	3.30	18:32	5:36	51	6:46	312	7:23	26.20	2:47:48	6:24	47	1:02:31	277	1:05:28