



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim  
Number: 283

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:47:53

Speed: 9.29 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 308 (of 426)

Rank in course/Men: 278 (of 371)

Best time in course: 1:42:20

Rank in category: 44(of 57)

Best time in the category: 2:05:19

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Total ranking |                | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat.   | Behind<br>Cat. |            |               |
| Loddenke        | 3.30        | 20:37         | 6:14            | 44          | 4:59           | 296         | 8:11          | 3.30        | 20:37         | 6:14            | 1             | -              | 158        | 8:11          |
| Schlüsie        | 3.10        | 23:23         | 7:32            | 46          | 5:56           | 322         | 9:57          | 6.40        | 44:00         | 6:52            | 1             | -              | 278        | 18:08         |
| Hermannsklippe  | 2.60        | 20:50         | 8:00            | 46          | 5:50           | 309         | 9:05          | 9.00        | 1:04:50       | 7:12            | 1             | -              | 278        | 27:13         |
| Brocken         | 3.10        | 31:07         | 10:02           | 39          | 7:07           | 249         | 13:01         | 12.10       | 1:35:57       | 7:55            | 1             | -              | 278        | 40:14         |
| Eiserner Handwe | 3.60        | 18:48         | 5:13            | 25          | 4:20           | 205         | 6:50          | 15.70       | 1:54:45       | 7:18            | 1             | -              | 278        | 46:22         |
| Schlüsie        | 4.10        | 19:19         | 4:42            | 39          | 5:41           | 263         | 7:23          | 19.80       | 2:14:04       | 6:46            | 1             | -              | 278        | 53:06         |
| Loddenke        | 3.10        | 16:05         | 5:11            | 43          | 4:33           | 286         | 5:52          | 22.90       | 2:30:09       | 6:33            | 1             | -              | 274        | 58:58         |
| Ilseburg/Markt  | 3.30        | 17:44         | 5:22            | 46          | 4:48           | 296         | 6:35          | 26.20       | 2:47:53       | 6:24            | 44            | 42:34          | 278        | 1:05:33       |