



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Kraaz, Udo

Club: Uelzen  
Number: 285

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:48:38

Speed: 9.25 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 311 (of 426)

Rank in course/Men: 279 (of 371)

Best time in course: 1:42:20

Rank in category: 57(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	19:53	6:01	57	5:10	259	7:27	3.30	19:53	6:01	3	1:43	230	7:27
Schlüsie	3.10	21:38	6:58	58	5:14	268	8:12	6.40	41:31	6:29	3	1:24	259	15:39
Hermannsklippe	2.60	20:21	7:49	61	6:25	296	8:36	9.00	1:01:52	6:52	3	1:38	279	24:15
Brocken	3.10	32:58	10:38	58	11:03	300	14:52	12.10	1:34:50	7:50	3	1:07	279	39:07
Eiserner Handwe	3.60	21:30	5:58	61	7:30	299	9:32	15.70	1:56:20	7:24	3	4:14	279	47:57
Schlüsie	4.10	19:28	4:44	56	6:12	267	7:32	19.80	2:15:48	6:51	3	6:20	279	54:50
Loddenke	3.10	15:12	4:54	51	4:00	244	4:59	22.90	2:31:00	6:35	3	7:08	279	59:49
Ilseburg/Markt	3.30	17:38	5:20	67	5:07	293	6:29	26.20	2:48:38	6:26	57	49:37	279	1:06:18