



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hardrath, Nico

Club: Hamburg
Number: 50

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:48:48

Speed: 9.24 km/h
Running performance: 6:26 min/km

Rank in course/Total: 312 (of 426)

Rank in course/Men: 280 (of 371)

Best time in course: 1:42:20

Rank in category: 27(of 28)

Best time in the category: 1:53:46

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	19:52	6:01	24	5:45	258	7:26	3.30	19:52	6:01	3	2:51	280	7:26
Schlüsie	3.10	21:16	6:51	26	5:39	256	7:50	6.40	41:08	6:25	3	5:11	280	15:16
Hermannsklippe	2.60	19:23	7:27	26	5:51	258	7:38	9.00	1:00:31	6:43	3	7:33	280	22:54
Brocken	3.10	31:06	10:01	23	10:22	247	13:00	12.10	1:31:37	7:34	3	9:30	280	35:54
Eiserner Handwe	3.60	21:22	5:56	27	8:09	296	9:24	15.70	1:52:59	7:11	3	12:16	280	44:36
Schlüsie	4.10	21:11	5:10	27	8:31	314	9:15	19.80	2:14:10	6:46	3	16:37	280	53:12
Loddenke	3.10	16:25	5:17	26	5:34	297	6:12	22.90	2:30:35	6:34	3	18:46	280	59:24
Ilseburg/Markt	3.30	18:13	5:31	25	6:21	306	7:04	26.20	2:48:48	6:26	27	55:02	280	1:06:28