



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Gnoyke, Björn

Club: Team Erdinger Alkoholfrei
Number: 30

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:48:52

Speed: 9.24 km/h
Running performance: 6:27 min/km

Rank in course/Total: 313 (of 426)

Rank in course/Men: 281 (of 371)

Best time in course: 1:42:20

Rank in category: 48(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	19:22	5:52	37	6:50	211	6:56	3.30	19:22	5:52	4		171	6:56
Schlüsie	3.10	20:09	6:29	32	6:03	186	6:43	6.40	39:31	6:10	9		233	13:39
Hermannsklippe	2.60	19:26	7:28	46	6:57	260	7:41	9.00	58:57	6:33	19		248	21:20
Brocken	3.10	32:12	10:23	49	12:13	278	14:06	12.10	1:31:09	7:31	19		281	35:26
Eiserner Handwe	3.60	25:02	6:57	57	13:04	354	13:04	15.70	1:56:11	7:24	19	3:27	281	47:48
Schlüsie	4.10	21:20	5:12	52	9:24	318	9:24	19.80	2:17:31	6:56	19	5:01	281	56:33
Loddenke	3.10	15:35	5:01	43	5:09	265	5:22	22.90	2:33:06	6:41	19	4:38	281	1:01:55
Ilseburg/Markt	3.30	15:46	4:46	33	4:00	194	4:37	26.20	2:48:52	6:26	48	1:03:35	281	1:06:32