



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Keen, Jens

Club: Team Erdinger Alkoholfrei
Number: 441

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:48:52

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

Rank in course/Total: 314 (of 426)

Rank in course/Men: 281 (of 371)

Best time in course: 1:42:20

Rank in category: 58(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.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	19:22	5:52	43	4:39	211	6:56	3.30	19:22	5:52	2	1:12	171	6:56
Schlüsie	3.10	20:09	6:29	39	3:45	186	6:43	6.40	39:31	6:10	2		233	13:39
Hermannsklippe	2.60	19:21	7:26	52	5:25	257	7:36	9.00	58:52	6:32	2		282	21:15
Brocken	3.10	32:13	10:23	54	10:18	279	14:07	12.10	1:31:05	7:31	2		282	35:22
Eiserner Handwe	3.60	25:06	6:58	75	11:06	355	13:08	15.70	1:56:11	7:24	2	4:05	281	47:48
Schlüsie	4.10	21:19	5:11	66	8:03	317	9:23	19.80	2:17:30	6:56	2	8:02	282	56:32
Loddenke	3.10	15:35	5:01	58	4:23	265	5:22	22.90	2:33:05	6:41	2	9:13	282	1:01:54
Ilseburg/Markt	3.30	15:47	4:46	43	3:16	196	4:38	26.20	2:48:52	6:26	58	49:51	281	1:06:32