



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Louda, Rainer

Club: SV Medizin Quedlinburg
Number: 362

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:49:00

Speed: 9.23 km/h
Running performance: 6:27 min/km

Rank in course/Total: 315 (of 426)

Rank in course/Men: 283 (of 371)

Best time in course: 1:42:20

Rank in category: 45(of 57)

Best time in the category: 2:05:19

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	21:48	6:36	48	6:10	334	9:22	3.30	21:48	6:36	17	1:11	283	9:22
Schlüsie	3.10	21:43	7:00	41	4:16	276	8:17	6.40	43:31	6:47	17		283	17:39
Hermannsklippe	2.60	19:34	7:31	39	4:34	266	7:49	9.00	1:03:05	7:00	17		283	25:28
Brocken	3.10	30:47	9:55	36	6:47	239	12:41	12.10	1:33:52	7:45	17		283	38:09
Eiserner Handwe	3.60	21:41	6:01	47	7:13	304	9:43	15.70	1:55:33	7:21	17	0:48	265	47:10
Schlüsie	4.10	19:51	4:50	44	6:13	282	7:55	19.80	2:15:24	6:50	17	1:20	283	54:26
Loddenke	3.10	16:40	5:22	48	5:08	308	6:27	22.90	2:32:04	6:38	17	1:55	283	1:00:53
Ilseburg/Markt	3.30	16:56	5:07	40	4:00	266	5:47	26.20	2:49:00	6:27	45	43:41	283	1:06:40