



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bechler, Ralf

Club: Rennsteiglaufverein
Number: 444

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:50:23

Speed: 9.16 km/h
Running performance: 6:30 min/km

Rank in course/Total: 324 (of 426)

Rank in course/Men: 291 (of 371)

Best time in course: 1:42:20

Rank in category: 62(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		Behind	
						Pos Men	Behind Men	km	Time	min/km	Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:39	5:57	52	4:56	237	7:13	3.30	19:39	5:57	37	1:29	291	7:13
Schlüsie	3.10	20:46	6:41	46	4:22	226	7:20	6.40	40:25	6:18	37	0:18	179	14:33
Hermannsklippe	2.60	19:02	7:19	48	5:06	238	7:17	9.00	59:27	6:36	37		184	21:50
Brocken	3.10	30:15	9:45	43	8:20	220	12:09	12.10	1:29:42	7:24	37		291	33:59
Eiserner Handwe	3.60	21:17	5:54	59	7:17	294	9:19	15.70	1:50:59	7:04	37		291	42:36
Schlüsie	4.10	22:30	5:29	69	9:14	337	10:34	19.80	2:13:29	6:44	37	4:01	273	52:31
Loddenke	3.10	17:02	5:29	70	5:50	321	6:49	22.90	2:30:31	6:34	37	6:39	291	59:20
Ilseburg/Markt	3.30	19:52	6:01	74	7:21	336	8:43	26.20	2:50:23	6:30	62	51:22	291	1:08:03