



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Liebig, Siegmar

Club: Gifhorn
Number: 311

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:53

Speed: 9.13 km/h
Running performance: 6:31 min/km

Rank in course/Total: 326 (of 426)

Rank in course/Men: 293 (of 371)

Best time in course: 1:42:20

Rank in category: 16(of 26)

Best time in the category: 2:07:09

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	20:22	6:10	17	4:17	285	7:56	3.30	20:22	6:10	12	0:45	293	7:56
Schlüsie	3.10	21:39	6:59	14	4:18	273	8:13	6.40	42:01	6:33	12	2:17	293	16:09
Hermannsklippe	2.60	19:56	7:39	16	4:41	282	8:11	9.00	1:01:57	6:53	12	4:14	293	24:20
Brocken	3.10	31:59	10:19	17	7:09	274	13:53	12.10	1:33:56	7:45	12	5:19	289	38:13
Eiserner Handwe	3.60	20:27	5:40	19	5:30	267	8:29	15.70	1:54:23	7:17	12	6:48	293	46:00
Schlüsie	4.10	20:27	4:59	18	6:32	299	8:31	19.80	2:14:50	6:48	12	7:22	293	53:52
Loddenke	3.10	16:39	5:22	21	5:08	306	6:26	22.90	2:31:29	6:36	12	7:38	293	1:00:18
Ilseburg/Markt	3.30	19:24	5:52	22	6:17	331	8:15	26.20	2:50:53	6:31	16	43:44	293	1:08:33