



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Post, Michael

Club: Rodenberg  
Number: 288

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:52:12

Speed: 9.06 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 335 (of 426)

Rank in course/Men: 302 (of 371)

Best time in course: 1:42:20

Rank in category: 64(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	20:19	6:09	64	5:36	284	7:53	3.30	20:19	6:09	35	2:09	302	7:53
Schlüsie	3.10	22:31	7:15	66	6:07	306	9:05	6.40	42:50	6:41	35	2:43	251	16:58
Hermannsklippe	2.60	21:10	8:08	65	7:14	314	9:25	9.00	1:04:00	7:06	35	3:46	302	26:23
Brocken	3.10	34:20	11:04	64	12:25	323	16:14	12.10	1:38:20	8:07	35	4:37	302	42:37
Eiserner Handwe	3.60	22:42	6:18	66	8:42	327	10:44	15.70	2:01:02	7:42	35	8:56	302	52:39
Schlüsie	4.10	19:04	4:39	53	5:48	256	7:08	19.80	2:20:06	7:04	35	10:38	302	59:08
Loddenke	3.10	15:33	5:00	57	4:21	264	5:20	22.90	2:35:39	6:47	35	11:47	302	1:04:28
Ilseburg/Markt	3.30	16:33	5:00	52	4:02	236	5:24	26.20	2:52:12	6:34	64	53:11	302	1:09:52