



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kanzok, Rudolf

Club: Nordsehl
Number: 435

Course: 26.20 km
Brockenlauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:53:41

Speed: 8.98 km/h
Running performance: 6:38 min/km

Rank in course/Total: 339 (of 426)

Rank in course/Men: 305 (of 371)

Best time in course: 1:42:20

Rank in category: 6(of 12)

Best time in the category: 2:22:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:24	6:29	8	4:14	322	8:58	3.30	21:24	6:29	6	4:14	305	8:58
Schlüsie	3.10	23:12	7:29	7	4:23	317	9:46	6.40	44:36	6:58	6	8:37	305	18:44
Hermannsklippe	2.60	21:13	8:09	7	4:21	316	9:28	9.00	1:05:49	7:18	6	12:58	305	28:12
Brocken	3.10	32:52	10:36	7	6:14	296	14:46	12.10	1:38:41	8:09	6	19:12	305	42:58
Eiserner Handwe	3.60	21:42	6:01	7	4:21	305	9:44	15.70	2:00:23	7:40	6	23:33	305	52:00
Schlüsie	4.10	19:15	4:41	6	2:45	260	7:19	19.80	2:19:38	7:03	6	26:18	305	58:40
Loddenke	3.10	16:12	5:13	6	2:34	289	5:59	22.90	2:35:50	6:48	6	28:52	305	1:04:39
Ilseburg/Markt	3.30	17:51	5:24	6	2:15	300	6:42	26.20	2:53:41	6:37	6	31:07	305	1:11:21