



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kirchhoff, Jörg

Club: Ffw Banteln
Number: 3

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:58:59

Speed: 8.78 km/h
Running performance: 6:50 min/km

Rank in course/Total: 360 (of 426)

Rank in course/Men: 321 (of 371)

Best time in course: 1:42:20

Rank in category: 67(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:06	6:23	68	6:23	314	8:40	3.30	21:06	6:23	32	2:56	321	8:40
Schlüsie	3.10	24:53	8:01	74	8:29	347	11:27	6.40	45:59	7:11	32	5:52	321	20:07
Hermannsklippe	2.60	21:24	8:13	67	7:28	327	9:39	9.00	1:07:23	7:29	32	7:09	321	29:46
Brocken	3.10	34:28	11:07	65	12:33	325	16:22	12.10	1:41:51	8:25	32	8:08	321	46:08
Eiserner Handwe	3.60	22:37	6:16	65	8:37	325	10:39	15.70	2:04:28	7:55	32	12:22	321	56:05
Schlüsie	4.10	21:29	5:14	67	8:13	321	9:33	19.80	2:25:57	7:22	32	16:29	321	1:04:59
Loddenke	3.10	16:33	5:20	64	5:21	301	6:20	22.90	2:42:30	7:05	32	18:38	321	1:11:19
Ilseburg/Markt	3.30	16:29	4:59	51	3:58	231	5:20	26.20	2:58:59	6:49	67	59:58	321	1:16:39