



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Ilk, Olaf

Club: Berlin  
Number: 217

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:00:46

Speed: 8.63 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 367 (of 426)

Rank in course/Men: 326 (of 371)

Best time in course: 1:42:20

Rank in category: 68(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:36	6:32	70	6:53	329	9:10	3.30	21:36	6:32	21	3:26	271	9:10
Schlüsie	3.10	24:20	7:50	72	7:56	342	10:54	6.40	45:56	7:10	21	5:49	326	20:04
Hermannsklippe	2.60	22:25	8:37	72	8:29	342	10:40	9.00	1:08:21	7:35	21	8:07	326	30:44
Brocken	3.10	34:56	11:16	66	13:01	330	16:50	12.10	1:43:17	8:32	21	9:34	326	47:34
Eiserner Handwe	3.60	23:04	6:24	68	9:04	337	11:06	15.70	2:06:21	8:02	21	14:15	326	57:58
Schlüsie	4.10	21:08	5:09	65	7:52	311	9:12	19.80	2:27:29	7:26	21	18:01	326	1:06:31
Loddenke	3.10	16:34	5:20	65	5:22	303	6:21	22.90	2:44:03	7:09	21	20:11	326	1:12:52
Ilseburg/Markt	3.30	16:43	5:03	55	4:12	251	5:34	26.20	3:00:46	6:53	68	1:01:45	326	1:18:26