



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Quentin, Jörg

Club: Laufftreff TSV Bienenbüttel
Number: 175

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:01:22

Speed: 8.60 km/h
Running performance: 6:55 min/km

Rank in course/Total: 370 (of 426)

Rank in course/Men: 328 (of 371)

Best time in course: 1:42:20

Rank in category: 69(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	22:00	6:40	73	7:17	345	9:34	3.30	22:00	6:40	30	3:50	328	9:34
Schlüsie	3.10	24:53	8:01	74	8:29	347	11:27	6.40	46:53	7:19	30	6:46	328	21:01
Hermannsklippe	2.60	22:33	8:40	73	8:37	344	10:48	9.00	1:09:26	7:42	30	9:12	328	31:49
Brocken	3.10	36:01	11:37	68	14:06	338	17:55	12.10	1:45:27	8:42	30	11:44	328	49:44
Eiserner Handwe	3.60	21:15	5:54	58	7:15	293	9:17	15.70	2:06:42	8:04	30	14:36	328	58:19
Schlüsie	4.10	19:46	4:49	59	6:30	277	7:50	19.80	2:26:28	7:23	30	17:00	328	1:05:30
Loddenke	3.10	16:01	5:09	62	4:49	284	5:48	22.90	2:42:29	7:05	30	18:37	328	1:11:18
Ilseburg/Markt	3.30	18:53	5:43	71	6:22	318	7:44	26.20	3:01:22	6:55	69	1:02:21	328	1:19:02