



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Grünwald, Günter Franz

Club: NLLB Cottbus e.V.
Number: 204

Course: 26.20 km
Brockenlauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:01:38

Speed: 8.65 km/h
Running performance: 6:56 min/km

Rank in course/Total: 371 (of 426)

Rank in course/Men: 329 (of 371)

Best time in course: 1:42:20

Rank in category: 16(of 21)

Best time in the category: 2:17:19

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	19:15	5:50	4	2:46	207	6:49	3.30	19:15	5:50	7		329	6:49
Schlüsie	3.10	23:54	7:42	16	5:40	337	10:28	6.40	43:09	6:44	7	0:09	292	17:17
Hermannsklippe	2.60	23:27	9:01	18	7:15	349	11:42	9.00	1:06:36	7:23	7	3:48	327	28:59
Brocken	3.10	37:11	11:59	18	11:02	349	19:05	12.10	1:43:47	8:34	7	7:39	329	48:04
Eiserner Handwe	3.60	22:30	6:15	16	5:56	321	10:32	15.70	2:06:17	8:02	7	8:07	320	57:54
Schlüsie	4.10	20:59	5:07	14	5:21	310	9:03	19.80	2:27:16	7:26	7	8:33	329	1:06:18
Loddenke	3.10	17:17	5:34	17	4:18	325	7:04	22.90	2:44:33	7:11	7	9:35	329	1:13:22
Ilseburg/Markt	3.30	17:05	5:10	11	2:19	276	5:56	26.20	3:01:38	6:55	16	44:19	329	1:19:18