



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

**Bieder, Michael**

Club: WSV Benneckenstein  
Number: 186

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:01:56

Speed: 8.57 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 372 (of 426)

Rank in course/Men: 330 (of 371)

Best time in course: 1:42:20

Rank in category: 54(of 58)

Best time in the category: 1:45:17

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	21:01	6:22	56	8:29	313	8:35	3.30	21:01	6:22	25	0:31	330	8:35
Schlüsie	3.10	23:21	7:31	55	9:15	320	9:55	6.40	44:22	6:55	25	2:25	330	18:30
Hermannsklippe	2.60	21:13	8:09	54	8:44	316	9:28	9.00	1:05:35	7:17	25	4:23	330	27:58
Brocken	3.10	34:44	11:12	55	14:45	329	16:38	12.10	1:40:19	8:17	25	7:09	330	44:36
Eiserner Handwe	3.60	22:33	6:15	52	10:35	324	10:35	15.70	2:02:52	7:49	25	10:08	330	54:29
Schlüsie	4.10	22:16	5:25	54	10:20	334	10:20	19.80	2:25:08	7:19	25	12:38	330	1:04:10
Loddenke	3.10	17:35	5:40	53	7:09	328	7:22	22.90	2:42:43	7:06	25	14:15	330	1:11:32
Ilseburg/Markt	3.30	19:13	5:49	55	7:27	325	8:04	26.20	3:01:56	6:56	54	1:16:39	330	1:19:36