



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ulrich, Martin

Club: Dingelstedt
Number: 354

Course: 26.20 km
Brockenlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:04:14

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 376 (of 426)

Rank in course/Men: 333 (of 371)

Best time in course: 1:42:20

Rank in category: 23(of 26)

Best time in the category: 2:07:09

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	20:30	6:12	18	4:25	291	8:04	3.30	20:30	6:12	5	0:53	220	8:04
Schlüsie	3.10	23:01	7:25	21	5:40	313	9:35	6.40	43:31	6:47	5	3:47	283	17:39
Hermannsklippe	2.60	21:32	8:16	21	6:17	329	9:47	9.00	1:05:03	7:13	5	7:20	333	27:26
Brocken	3.10	33:41	10:51	21	8:51	316	15:35	12.10	1:38:44	8:09	5	10:07	333	43:01
Eiserner Handwe	3.60	23:27	6:30	25	8:30	340	11:29	15.70	2:02:11	7:46	5	14:36	333	53:48
Schlüsie	4.10	21:09	5:09	20	7:14	312	9:13	19.80	2:23:20	7:14	5	15:52	333	1:02:22
Loddenke	3.10	18:41	6:01	23	7:10	342	8:28	22.90	2:42:01	7:04	5	18:10	333	1:10:50
Ilseburg/Markt	3.30	22:13	6:43	25	9:06	356	11:04	26.20	3:04:14	7:01	23	57:05	333	1:21:54