



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Knoll, Michael

Number: 399

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:05:04

Speed: 8.43 km/h

Running performance: 7:04 min/km

Rank in course/Total: 384 (of 426)

Rank in course/Men: 340 (of 371)

Best time in course: 1:42:20

Rank in category: 74(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			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Loddenke	3.30	21:30	6:30	69	6:47	326	9:04	3.30	21:30	6:30	25	3:20	340	9:04
Schlüsie	3.10	23:32	7:35	69	7:08	329	10:06	6.40	45:02	7:02	25	4:55	306	19:10
Hermannsklippe	2.60	21:53	8:24	69	7:57	331	10:08	9.00	1:06:55	7:26	25	6:41	295	29:18
Brocken	3.10	36:53	11:53	72	14:58	347	18:47	12.10	1:43:48	8:34	25	10:05	340	48:05
Eiserner Handwe	3.60	23:39	6:34	70	9:39	342	11:41	15.70	2:07:27	8:07	25	15:21	340	59:04
Schlüsie	4.10	22:36	5:30	70	9:20	339	10:40	19.80	2:30:03	7:34	25	20:35	340	1:09:05
Loddenke	3.10	17:11	5:32	71	5:59	323	6:58	22.90	2:47:14	7:18	25	23:22	340	1:16:03
Ilseburg/Markt	3.30	17:50	5:24	68	5:19	299	6:41	26.20	3:05:04	7:03	74	1:06:03	340	1:22:44