



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Grubba, Dr.med. Thomas

Club: Salzgitter
Number: 196

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:06:39

Speed: 8.36 km/h
Running performance: 7:07 min/km

Rank in course/Total: 389 (of 426)

Rank in course/Men: 343 (of 371)

Best time in course: 1:42:20

Rank in category: 56(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	19:41	5:57	42	7:09	239	7:15	3.30	19:41	5:57	27		173	7:15
Schlüsie	3.10	23:51	7:41	57	9:45	334	10:25	6.40	43:32	6:48	27	1:35	211	17:40
Hermannsklippe	2.60	22:28	8:38	57	9:59	343	10:43	9.00	1:06:00	7:19	27	4:48	343	28:23
Brocken	3.10	35:56	11:35	57	15:57	337	17:50	12.10	1:41:56	8:25	27	8:46	343	46:13
Eiserner Handwe	3.60	22:52	6:21	54	10:54	333	10:54	15.70	2:04:48	7:56	27	12:04	343	56:25
Schlüsie	4.10	22:49	5:33	55	10:53	346	10:53	19.80	2:27:37	7:27	27	15:07	343	1:06:39
Loddenke	3.10	19:09	6:10	55	8:43	347	8:56	22.90	2:46:46	7:16	27	18:18	343	1:15:35
Ilseburg/Markt	3.30	19:53	6:01	56	8:07	337	8:44	26.20	3:06:39	7:07	56	1:21:22	343	1:24:19