



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. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | 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 |