



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Dittmann, Manfred

Club: DAV Sektion Nordhausen  
Number: 134

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 3:14:09

Speed: 8.04 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 399 (of 426)

Rank in course/Men: 349 (of 371)

Best time in course: 1:42:20

Rank in category: 4(of 6)

Best time in the category: 2:31:23

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	20:18	6:09	4	2:04	283	7:52	3.30	20:18	6:09	4	1:37	350	7:52
Schlüsie	3.10	25:04	8:05	4	4:26	352	11:38	6.40	45:22	7:05	4	4:51	350	19:30
Hermannsklippe	2.60	23:47	9:08	4	5:41	355	12:02	9.00	1:09:09	7:41	4	9:42	350	31:32
Brocken	3.10	42:06	13:34	4	13:43	369	24:00	12.10	1:51:15	9:11	4	21:12	350	55:32
Eiserner Handwe	3.60	22:01	6:06	4	5:43	310	10:03	15.70	2:13:16	8:29	4	26:55	350	1:04:53
Schlüsie	4.10	21:48	5:19	4	6:13	328	9:52	19.80	2:35:04	7:49	4	33:08	350	1:14:06
Loddenke	3.10	18:26	5:56	4	4:34	339	8:13	22.90	2:53:30	7:34	4	37:42	350	1:22:19
Ilseburg/Markt	3.30	20:39	6:15	4	5:04	347	9:30	26.20	3:14:09	7:24	4	42:46	349	1:31:49