



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Fähsing, Ralf

Club: USC OvG Magdeburg  
Number: 280

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:15:44

Speed: 7.97 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 402 (of 426)

Rank in course/Men: 352 (of 371)

Best time in course: 1:42:20

Rank in category: 26(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:35	6:32	24	5:30	328	9:09	3.30	21:35	6:32	2	1:58	353	9:09
Schlüsie	3.10	25:26	8:12	26	8:05	357	12:00	6.40	47:01	7:20	2	7:17	353	21:09
Hermannsklippe	2.60	24:09	9:17	26	8:54	359	12:24	9.00	1:11:10	7:54	2	13:27	353	33:33
Brocken	3.10	38:15	12:20	26	13:25	356	20:09	12.10	1:49:25	9:02	2	20:48	353	53:42
Eiserner Handwe	3.60	23:33	6:32	26	8:36	341	11:35	15.70	2:12:58	8:28	2	25:23	353	1:04:35
Schlüsie	4.10	23:24	5:42	26	9:29	348	11:28	19.80	2:36:22	7:53	2	28:54	353	1:15:24
Loddenke	3.10	18:56	6:06	25	7:25	345	8:43	22.90	2:55:18	7:39	2	31:27	353	1:24:07
Ilseburg/Markt	3.30	20:26	6:11	23	7:19	345	9:17	26.20	3:15:44	7:28	26	1:08:35	352	1:33:24