



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Sandtner, Wolfgang

Club: Tough Guy  
Number: 431

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:15:54

Speed: 7.96 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 403 (of 426)

Rank in course/Men: 353 (of 371)

Best time in course: 1:42:20

Rank in category: 75(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:13	6:07	61	5:30	277	7:47	3.30	20:13	6:07	24	2:03	354	7:47
Schlüsie	3.10	24:08	7:47	71	7:44	340	10:42	6.40	44:21	6:55	24	4:14	354	18:29
Hermannsklippe	2.60	23:31	9:02	76	9:35	351	11:46	9.00	1:07:52	7:32	24	7:38	354	30:15
Brocken	3.10	39:08	12:37	75	17:13	360	21:02	12.10	1:47:00	8:50	24	13:17	354	51:17
Eiserner Handwe	3.60	23:25	6:30	69	9:25	339	11:27	15.70	2:10:25	8:18	24	18:19	354	1:02:02
Schlüsie	4.10	23:28	5:43	74	10:12	349	11:32	19.80	2:33:53	7:46	24	24:25	354	1:12:55
Loddenke	3.10	20:25	6:35	76	9:13	359	10:12	22.90	2:54:18	7:36	24	30:26	354	1:23:07
Ilseburg/Markt	3.30	21:36	6:32	76	9:05	354	10:27	26.20	3:15:54	7:28	75	1:16:53	353	1:33:34