



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Wieczorek, Bernd

Club: Laufftreff Salzgitter
Number: 440

Course: 26.20 km
Brockenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:35:53

Speed: 7.23 km/h
Running performance: 8:14 min/km

Rank in course/Total: 416 (of 426)

Rank in course/Men: 363 (of 371)

Best time in course: 1:42:20

Rank in category: 54(of 57)

Best time in the category: 2:05:19

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	24:09	7:19	55	8:31	364	11:43	3.30	24:09	7:19	26	3:32	364	11:43
Schlüsie	3.10	26:20	8:29	54	8:53	364	12:54	6.40	50:29	7:53	26	6:29	364	24:37
Hermannsklippe	2.60	25:05	9:38	54	10:05	362	13:20	9.00	1:15:34	8:23	26	10:44	364	37:57
Brocken	3.10	38:16	12:20	54	14:16	357	20:10	12.10	1:53:50	9:24	26	17:53	364	58:07
Eiserner Handwe	3.60	27:38	7:40	55	13:10	364	15:40	15.70	2:21:28	9:00	26	26:43	364	1:13:05
Schlüsie	4.10	27:29	6:42	55	13:51	362	15:33	19.80	2:48:57	8:31	26	34:53	364	1:27:59
Loddenke	3.10	22:37	7:17	56	11:05	368	12:24	22.90	3:11:34	8:21	26	41:25	364	1:40:23
Ilseburg/Markt	3.30	24:19	7:22	55	11:23	367	13:10	26.20	3:35:53	8:14	54	1:30:34	363	1:53:33