



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Just, Thomas

Club: BLV Ilseburg  
Number: 388

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:38:26

Speed: 7.14 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 417 (of 426)

Rank in course/Men: 364 (of 371)

Best time in course: 1:42:20

Rank in category: 55(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	23:56	7:15	54	8:18	363	11:30	3.30	23:56	7:15	27	3:19	365	11:30
Schlüsie	3.10	26:58	8:41	55	9:31	366	13:32	6.40	50:54	7:57	27	6:54	365	25:02
Hermannsklippe	2.60	25:16	9:43	55	10:16	364	13:31	9.00	1:16:10	8:27	27	11:20	365	38:33
Brocken	3.10	39:32	12:45	56	15:32	364	21:26	12.10	1:55:42	9:33	27	19:45	365	59:59
Eiserner Handwe	3.60	27:31	7:38	54	13:03	363	15:33	15.70	2:23:13	9:07	27	28:28	365	1:14:50
Schlüsie	4.10	25:46	6:17	53	12:08	359	13:50	19.80	2:48:59	8:32	27	34:55	365	1:28:01
Loddenke	3.10	23:41	7:38	57	12:09	369	13:28	22.90	3:12:40	8:24	27	42:31	365	1:41:29
Ilseburg/Markt	3.30	25:46	7:48	57	12:50	369	14:37	26.20	3:38:26	8:20	55	1:33:07	364	1:56:06