



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Pollmann, Josef

Club: LAC Hochsauerland  
Number: 135

Course: 26.20 km  
Brockenlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:40:25

Speed: 7.08 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 419 (of 426)

Rank in course/Men: 365 (of 371)

Best time in course: 1:42:20

Rank in category: 56(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.	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	24:35	7:26	56	8:57	366	12:09	3.30	24:35	7:26	28	3:58	366	12:09
Schlüsie	3.10	27:59	9:01	57	10:32	370	14:33	6.40	52:34	8:12	28	8:34	366	26:42
Hermannsklippe	2.60	25:25	9:46	56	10:25	365	13:40	9.00	1:17:59	8:39	28	13:09	366	40:22
Brocken	3.10	36:28	11:45	51	12:28	344	18:22	12.10	1:54:27	9:27	28	18:30	366	58:44
Eiserner Handwe	3.60	30:35	8:29	56	16:07	367	18:37	15.70	2:25:02	9:14	28	30:17	366	1:16:39
Schlüsie	4.10	29:52	7:17	57	16:14	368	17:56	19.80	2:54:54	8:50	28	40:50	366	1:33:56
Loddenke	3.10	21:45	7:00	54	10:13	365	11:32	22.90	3:16:39	8:35	28	46:30	366	1:45:28
Ilseburg/Markt	3.30	23:46	7:12	53	10:50	363	12:37	26.20	3:40:25	8:24	56	1:35:06	365	1:58:05