



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Wittig, Rene

Club: Erst laufen dann saufen
Number: 430

Course: 26.20 km
Brockenlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:40:37

Speed: 7.07 km/h
Running performance: 8:25 min/km

Rank in course/Total: 421 (of 426)

Rank in course/Men: 367 (of 371)

Best time in course: 1:42:20

Rank in category: 28(of 28)

Best time in the category: 1:53:46

| 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 | 25:18 | 7:40 | 28 | 11:11 | 368 | 12:52 | 3.30 | 25:18 | 7:40 | 2 | 8:17 | 368 | 12:52 |
| Schlüsie | 3.10 | 27:29 | 8:51 | 28 | 11:52 | 368 | 14:03 | 6.40 | 52:47 | 8:14 | 2 | 16:50 | 368 | 26:55 |
| Hermannsklippe | 2.60 | 25:37 | 9:51 | 28 | 12:05 | 366 | 13:52 | 9.00 | 1:18:24 | 8:42 | 2 | 25:26 | 368 | 40:47 |
| Brocken | 3.10 | 39:57 | 12:53 | 28 | 19:13 | 368 | 21:51 | 12.10 | 1:58:21 | 9:46 | 2 | 36:14 | 368 | 1:02:38 |
| Eiserner Handwe | 3.60 | 33:40 | 9:21 | 28 | 20:27 | 368 | 21:42 | 15.70 | 2:32:01 | 9:40 | 2 | 51:18 | 368 | 1:23:38 |
| Schlüsie | 4.10 | 29:57 | 7:18 | 28 | 17:17 | 370 | 18:01 | 19.80 | 3:01:58 | 9:11 | 2 | 1:04:25 | 368 | 1:41:00 |
| Loddenke | 3.10 | 19:25 | 6:15 | 28 | 8:34 | 352 | 9:12 | 22.90 | 3:21:23 | 8:47 | 2 | 1:09:34 | 368 | 1:50:12 |
| Ilseburg/Markt | 3.30 | 19:14 | 5:49 | 27 | 7:22 | 327 | 8:05 | 26.20 | 3:40:37 | 8:25 | 28 | 1:46:51 | 367 | 1:58:17 |