



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Reising, Marcel

Club: erst laufen dann saufen
Number: 375

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:40:39

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

Rank in course/Total: 422 (of 426)

Rank in course/Men: 368 (of 371)

Best time in course: 1:42:20

Rank in category: 58(of 58)

Best time in the category: 1:45:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	25:19	7:40	58	12:47	369	12:53	3.30	25:19	7:40	29	4:49	367	12:53
Schlüsie	3.10	27:28	8:51	58	13:22	367	14:02	6.40	52:47	8:14	29	10:50	368	26:55
Hermannsklippe	2.60	25:39	9:51	58	13:10	368	13:54	9.00	1:18:26	8:42	29	17:14	367	40:49
Brocken	3.10	39:55	12:52	58	19:56	367	21:49	12.10	1:58:21	9:46	29	25:11	368	1:02:38
Eiserner Handwe	3.60	33:44	9:22	58	21:46	369	21:46	15.70	2:32:05	9:41	29	39:21	369	1:23:42
Schlüsie	4.10	29:54	7:17	58	17:58	369	17:58	19.80	3:01:59	9:11	29	49:29	369	1:41:01
Loddenke	3.10	19:29	6:17	56	9:03	355	9:16	22.90	3:21:28	8:47	29	53:00	369	1:50:17
Ilseburg/Markt	3.30	19:11	5:48	54	7:25	324	8:02	26.20	3:40:39	8:25	58	1:55:22	368	1:58:19