



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kaufhold, Thomas

Club: HSV Medizin Magdeburg
Number: 669

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 37:30

Speed: 14.40 km/h
Running performance: 3:55 min/km

Rank in course/Total: 3 (of 174)

Rank in course/Men: 3 (of 112)

Best time in course: 34:18

Rank in category: 1(of 12)

Best time in the category: 37:30

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
Ilsestein	4.10	18:29	4:30	1	-	3	1:50	4.10	18:29	4:30	1	-	3	1:50
Loddenke	2.20	7:25	3:22	1	-	3	0:31	6.30	25:54	4:06	1	-	3	2:21
Ilseburg/Markt	3.30	11:36	3:30	1	-	4	0:51	9.60	37:30	3:54	1	-	3	3:12