



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Steinberg, Franz

Club: SV Brenkhausen-Bosseborn
Number: 693

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:12

Speed: 11.25 km/h
Running performance: 5:20 min/km

Rank in course/Total: 67 (of 174)

Rank in course/Men: 56 (of 112)

Best time in course: 34:18

Rank in category: 8(of 12)

Best time in the category: 37:30

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ilsestein	4.10	26:22	6:25	8	7:53	62	9:43	4.10	26:22	6:25	2	7:53	6	9:43
Loddenke	2.20	9:14	4:11	4	1:49	33	2:20	6.30	35:36	5:39	2	9:42	6	12:03
Ilseburg/Markt	3.30	15:36	4:43	8	4:00	68	4:51	9.60	51:12	5:20	8	13:42	56	16:54