



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lehniger, Tino

Club: Marburg
Number: 716

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 39:23

Speed: 13.71 km/h
Running performance: 4:06 min/km

Rank in course/Total: 6 (of 174)

Rank in course/Men: 6 (of 112)

Best time in course: 34:18

Rank in category: 1(of 6)

Best time in the category: 39:23

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
Ilsestein	4.10	19:32	4:45	1	-	7	2:53	4.10	19:32	4:45	1	-	7	2:53
Loddenke	2.20	7:47	3:32	1	-	6	0:53	6.30	27:19	4:20	1	-	7	3:46
Ilseburg/Markt	3.30	12:04	3:39	1	-	7	1:19	9.60	39:23	4:06	1	-	6	5:05