



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Braeme, Lars

Club: NSV Wernigerode
Number: 684

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 42:34

Speed: 12.69 km/h
Running performance: 4:26 min/km

Rank in course/Total: 11 (of 174)

Rank in course/Men: 9 (of 112)

Best time in course: 34:18

Rank in category: 1(of 12)

Best time in the category: 42:34

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	21:08	5:09	1	-	9	4:29	4.10	21:08	5:09	1	-	10	4:29	
Loddenke	2.20	8:33	3:53	1	-	12	1:39	6.30	29:41	4:42	1	-	10	6:08	
Ilseburg/Markt	3.30	12:53	3:54	1	-	11	2:08	9.60	42:34	4:26	1	-	9	8:16	