



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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