



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Jespersen, Jakob

Club: AK-Kilen
Number: 680

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 42:59

Speed: 13.40 km/h
Running performance: 4:29 min/km

Rank in course/Total: 13 (of 174)

Rank in course/Men: 10 (of 112)

Best time in course: 34:18

Rank in category: 2(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	22:22	5:27	2	2:50	18	5:43	4.10	22:22	5:27	2	2:50	11	5:43
Loddenke	2.20	8:24	3:49	2	0:37	10	1:30	6.30	30:46	4:53	2	3:27	11	7:13
Ilseburg/Markt	3.30	12:13	3:42	2	0:09	8	1:28	9.60	42:59	4:28	2	3:36	10	8:41