



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hanold, Udo

Club: SV Post Schwerin
Number: 642

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:19

Speed: 12.47 km/h
Running performance: 4:31 min/km

Rank in course/Total: 14 (of 174)

Rank in course/Men: 11 (of 112)

Best time in course: 34:18

Rank in category: 2(of 12)

Best time in the category: 37:30

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	21:40	5:17	2	3:11	11	5:01	4.10	21:40	5:17	3	3:11	12	5:01
Loddenke	2.20	8:36	3:54	2	1:11	16	1:42	6.30	30:16	4:48	3	4:22	12	6:43
Ilseburg/Markt	3.30	13:03	3:57	2	1:27	14	2:18	9.60	43:19	4:30	2	5:49	11	9:01