



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Müller, Jörg

Club: Duderstadt  
Number: 629

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 43:35

Speed: 12.39 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 15 (of 174)

Rank in course/Men: 12 (of 112)

Best time in course: 34:18

Rank in category: 2(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	21:35	5:15	2	0:27	10	4:56	4.10	21:35	5:15	2	0:27	13	4:56
Loddenke	2.20	8:35	3:54	2	0:02	14	1:41	6.30	30:10	4:47	2	0:29	13	6:37
Ilseburg/Markt	3.30	13:25	4:03	4	0:32	21	2:40	9.60	43:35	4:32	2	1:01	12	9:17