



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Fleig, Hans

Club: NSV-Wernigerode
Number: 697

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:45

Speed: 12.34 km/h
Running performance: 4:34 min/km

Rank in course/Total: 16 (of 174)

Rank in course/Men: 13 (of 112)

Best time in course: 34:18

Rank in category: 3(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	21:50	5:19	3	3:21	12	5:11	4.10	21:50	5:19	4	3:21	14	5:11
Loddenke	2.20	8:42	3:57	3	1:17	19	1:48	6.30	30:32	4:50	4	4:38	14	6:59
Ilseburg/Markt	3.30	13:13	4:00	3	1:37	17	2:28	9.60	43:45	4:33	3	6:15	13	9:27