



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Gerlach, Mario

Club: NSV Wernigerode
Number: 608

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:30

Speed: 12.13 km/h
Running performance: 4:38 min/km

Rank in course/Total: 20 (of 174)

Rank in course/Men: 17 (of 112)

Best time in course: 34:18

Rank in category: 3(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	22:16	5:25	4	1:08	17	5:37	4.10	22:16	5:25	3	1:08	18	5:37
Loddenke	2.20	8:35	3:54	2	0:02	14	1:41	6.30	30:51	4:53	3	1:10	18	7:18
Ilseburg/Markt	3.30	13:39	4:08	6	0:46	26	2:54	9.60	44:30	4:38	3	1:56	17	10:12