



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Grün, Reiner

Club: TSV Frankenberg
Number: 525

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 44:33

Speed: 12.12 km/h
Running performance: 4:38 min/km

Rank in course/Total: 22 (of 174)

Rank in course/Men: 18 (of 112)

Best time in course: 34:18

Rank in category: 2(of 12)

Best time in the category: 43:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	22:11	5:24	1	-	16	5:32	4.10	22:11	5:24	2		19	5:32
Loddenke	2.20	8:50	4:00	2	0:42	21	1:56	6.30	31:01	4:55	2	0:09	19	7:28
Ilseburg/Markt	3.30	13:32	4:06	2	0:28	23	2:47	9.60	44:33	4:38	2	0:37	18	10:15