



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Seidel, Carsten

Club: Skiklub Oker
Number: 512

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:34

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

Rank in course/Total: 23 (of 174)

Rank in course/Men: 19 (of 112)

Best time in course: 34:18

Rank in category: 4(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	22:36	5:30	6	1:28	21	5:57	4.10	22:36	5:30	4	1:28	20	5:57
Loddenke	2.20	8:36	3:54	4	0:03	16	1:42	6.30	31:12	4:57	4	1:31	20	7:39
Ilseburg/Markt	3.30	13:22	4:03	3	0:29	20	2:37	9.60	44:34	4:38	4	2:00	19	10:16