



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Knoke, Ernst

Club: S.C. Saaletal
Number: 539

Course: 9.60 km
Ilsesteinlauf

Category:
Männer (20-29 Jahre)

Total time: 44:41

Speed: 12.09 km/h
Running performance: 4:39 min/km

Rank in course/Total: 25 (of 174)

Rank in course/Men: 21 (of 112)

Best time in course: 34:18

Rank in category: 2(of 16)

Best time in the category: 34:18

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	22:41	5:31	3	6:02	22	6:02	4.10	22:41	5:31	2	6:02	21	6:02
Loddenke	2.20	8:59	4:04	5	2:05	27	2:05	6.30	31:40	5:01	2	8:07	21	8:07
Ilseburg/Markt	3.30	13:01	3:56	2	2:16	13	2:16	9.60	44:41	4:39	2	10:23	21	10:23