



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hahne, Uwe

Number: 509

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:44

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 26 (of 174)

Rank in course/Men: 22 (of 112)

Best time in course: 34:18

Rank in category: 5(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	22:30	5:29	5	1:22	19	5:51	4.10	22:30	5:29	5	1:22	22	5:51
Loddenke	2.20	8:56	4:03	5	0:23	25	2:02	6.30	31:26	4:59	5	1:45	22	7:53
Ilseburg/Markt	3.30	13:18	4:01	2	0:25	19	2:33	9.60	44:44	4:39	5	2:10	22	10:26