



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Möbius, Dirk

Club: NSV Wernigerode
Number: 657

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:48

Speed: 12.05 km/h
Running performance: 4:40 min/km

Rank in course/Total: 27 (of 174)

Rank in course/Men: 23 (of 112)

Best time in course: 34:18

Rank in category: 6(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	22:09	5:24	3	1:01	15	5:30	4.10	22:09	5:24	6	1:01	23	5:30
Loddenke	2.20	9:03	4:06	6	0:30	28	2:09	6.30	31:12	4:57	4	1:31	20	7:39
Ilseburg/Markt	3.30	13:36	4:07	5	0:43	24	2:51	9.60	44:48	4:40	6	2:14	23	10:30