



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ungrad, Christian

Club: VFL Oker
Number: 674

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:39

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

Rank in course/Total: 24 (of 174)

Rank in course/Men: 20 (of 112)

Best time in course: 34:18

Rank in category: 3(of 13)

Best time in the category: 38:09

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	21:54	5:20	3	3:05	13	5:15	4.10	21:54	5:20	3	2:31	24	5:15
Loddenke	2.20	8:55	4:03	4	1:24	23	2:01	6.30	30:49	4:53	3	3:55	24	7:16
Ilseburg/Markt	3.30	13:50	4:11	4	2:35	29	3:05	9.60	44:39	4:39	3	6:30	20	10:21