



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Goncharuk, Andriy

Club: Hannover
Number: 507

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:32

Speed: 11.86 km/h
Running performance: 4:44 min/km

Rank in course/Total: 30 (of 174)

Rank in course/Men: 26 (of 112)

Best time in course: 34:18

Rank in category: 4(of 6)

Best time in the category: 39:23

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	23:00	5:36	4	3:28	27	6:21	4.10	23:00	5:36	4	3:28	27	6:21
Loddenke	2.20	9:17	4:13	5	1:30	35	2:23	6.30	32:17	5:07	4	4:58	27	8:44
Ilseburg/Markt	3.30	13:15	4:00	3	1:11	18	2:30	9.60	45:32	4:44	4	6:09	26	11:14