



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Meenken, Thomas

Club: Team Harzcore  
Number: 655

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer (20-29 Jahre)

Total time: 45:32

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

Rank in course/Total: 31 (of 174)

Rank in course/Men: 26 (of 112)

Best time in course: 34:18

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	23:23	5:42	5	6:44	33	6:44	4.10	23:23	5:42	4	6:44	28	6:44
Loddenke	2.20	8:58	4:04	4	2:04	26	2:04	6.30	32:21	5:08	4	8:48	28	8:48
Ilseburg/Markt	3.30	13:11	3:59	3	2:26	16	2:26	9.60	45:32	4:44	4	11:14	26	11:14