



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Konschak, Christof

Club: LG BSN  
Number: 517

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:37

Speed: 11.84 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 32 (of 174)

Rank in course/Men: 28 (of 112)

Best time in course: 34:18

Rank in category: 4(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	24:10	5:53	6	5:21	42	7:31	4.10	24:10	5:53	4	4:47	29	7:31
Loddenke	2.20	8:34	3:53	3	1:03	13	1:40	6.30	32:44	5:11	4	5:50	29	9:11
Ilseburg/Markt	3.30	12:53	3:54	3	1:38	11	2:08	9.60	45:37	4:45	4	7:28	28	11:19