



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kämpfer, Marcel

Club: Skiverein Hasselfelde
Number: 504

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:56

Speed: 11.76 km/h
Running performance: 4:47 min/km

Rank in course/Total: 33 (of 174)

Rank in course/Men: 29 (of 112)

Best time in course: 34:18

Rank in category: 3(of 9)

Best time in the category: 44:22

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	22:50	5:34	2	0:51	24	6:11	4.10	22:50	5:34	3	0:51	30	6:11
Loddenke	2.20	9:12	4:10	4	0:48	32	2:18	6.30	32:02	5:05	3	1:21	30	8:29
Ilseburg/Markt	3.30	13:54	4:12	4	1:20	32	3:09	9.60	45:56	4:47	3	1:34	29	11:38