



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Schinner, Michael

Number: 503

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:06

Speed: 11.71 km/h

Running performance: 4:48 min/km

Rank in course/Total: 35 (of 174)

Rank in course/Men: 30 (of 112)

Best time in course: 34:18

Rank in category: 4(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	23:04	5:37	3	1:05	28	6:25	4.10	23:04	5:37	4	1:05	31	6:25
Loddenke	2.20	9:10	4:09	3	0:46	31	2:16	6.30	32:14	5:06	4	1:33	31	8:41
Ilseburg/Markt	3.30	13:52	4:12	3	1:18	30	3:07	9.60	46:06	4:48	4	1:44	30	11:48