



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Seifert, Christian

Club: Ilseburg  
Number: 600

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer (20-29 Jahre)

Total time: 46:37

Speed: 11.58 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 38 (of 174)

Rank in course/Men: 33 (of 112)

Best time in course: 34:18

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:30	5:43	6	6:51	35	6:51	4.10	23:30	5:43	5	6:51	34	6:51
Loddenke	2.20	8:55	4:03	3	2:01	23	2:01	6.30	32:25	5:08	5	8:52	34	8:52
Ilseburg/Markt	3.30	14:12	4:18	5	3:27	37	3:27	9.60	46:37	4:51	5	12:19	33	12:19