



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Woitschik, Volker

Club: NSV Wernigerode  
Number: 610

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:59

Speed: 11.49 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 42 (of 174)

Rank in course/Men: 36 (of 112)

Best time in course: 34:18

Rank in category: 5(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	23:30	5:43	4	4:41	35	6:51	4.10	23:30	5:43	5	4:07	34	6:51
Loddenke	2.20	9:24	4:16	5	1:53	37	2:30	6.30	32:54	5:13	5	6:00	37	9:21
Ilseburg/Markt	3.30	14:05	4:16	5	2:50	34	3:20	9.60	46:59	4:53	5	8:50	36	12:41