



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Schomburg, Karl-Heinz

Club: Laufteam Urbockstübchen Einbeck
Number: 527

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 47:17

Speed: 12.18 km/h
Running performance: 4:56 min/km

Rank in course/Total: 45 (of 174)

Rank in course/Men: 38 (of 112)

Best time in course: 34:18

Rank in category: 4(of 12)

Best time in the category: 37:30

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	23:54	5:49	4	5:25	41	7:15	4.10	23:54	5:49	5	5:25	39	7:15
Loddenke	2.20	9:26	4:17	5	2:01	38	2:32	6.30	33:20	5:17	5	7:26	39	9:47
Ilseburg/Markt	3.30	13:57	4:13	4	2:21	33	3:12	9.60	47:17	4:55	4	9:47	38	12:59