



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Fischer, Thorsten

Club: Physioteam Wernigerode
Number: 518

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:21

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 47 (of 174)

Rank in course/Men: 40 (of 112)

Best time in course: 34:18

Rank in category: 6(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	23:42	5:46	5	4:53	37	7:03	4.10	23:42	5:46	6	4:19	41	7:03
Loddenke	2.20	9:30	4:19	6	1:59	42	2:36	6.30	33:12	5:16	6	6:18	41	9:39
Ilseburg/Markt	3.30	14:09	4:17	6	2:54	36	3:24	9.60	47:21	4:55	6	9:12	40	13:03