



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Rabe, Bernd

Club: Waggumer Holz
Number: 603

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 48:39

Speed: 11.10 km/h
Running performance: 5:04 min/km

Rank in course/Total: 51 (of 174)

Rank in course/Men: 43 (of 112)

Best time in course: 34:18

Rank in category: 5(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	24:38	6:00	6	6:09	45	7:59	4.10	24:38	6:00	6	6:09	44	7:59
Loddenke	2.20	9:41	4:24	6	2:16	48	2:47	6.30	34:19	5:26	6	8:25	44	10:46
Ilseburg/Markt	3.30	14:20	4:20	5	2:44	42	3:35	9.60	48:39	5:04	5	11:09	43	14:21