



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Wetterling, Sascha

Number: 545

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:15

Speed: 10.96 km/h

Running performance: 5:08 min/km

Rank in course/Total: 52 (of 174)

Rank in course/Men: 44 (of 112)

Best time in course: 34:18

Rank in category: 5(of 9)

Best time in the category: 44:22

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	25:31	6:13	6	3:32	55	8:52	4.10	25:31	6:13	5	3:32	45	8:52
Loddenke	2.20	9:27	4:17	5	1:03	39	2:33	6.30	34:58	5:33	5	4:17	45	11:25
Ilseburg/Markt	3.30	14:17	4:19	5	1:43	39	3:32	9.60	49:15	5:07	5	4:53	44	14:57