



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Armgar, Matthias

Club: Wolfenbüttel
Number: 514

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:15

Speed: 10.96 km/h
Running performance: 5:08 min/km

Rank in course/Total: 53 (of 174)

Rank in course/Men: 44 (of 112)

Best time in course: 34:18

Rank in category: 7(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	25:10	6:08	7	6:21	50	8:31	4.10	25:10	6:08	7	5:47	46	8:31	
Loddenke	2.20	9:34	4:20	7	2:03	45	2:40	6.30	34:44	5:30	7	7:50	46	11:11	
Ilseburg/Markt	3.30	14:31	4:23	7	3:16	46	3:46	9.60	49:15	5:07	7	11:06	44	14:57	