



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ratschke, Rico

Total time: 49:18

Number: 695

Speed: 10.95 km/h

Running performance: 5:08 min/km

Course: 9.60 km

Rank in course/Total: 54 (of 174)

Ilsesteinlauf

Rank in course/Men: 46 (of 112)

Best time in course: 34:18

Category:

Rank in category: 8(of 12)

Senioren M40 (40-44 Jahre)

Best time in the category: 42:34

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	25:25	6:11	8	4:17	54	8:46	4.10	25:25	6:11	8	4:17	47	8:46
Loddenke	2.20	9:30	4:19	7	0:57	42	2:36	6.30	34:55	5:32	8	5:14	47	11:22
Ilseburg/Markt	3.30	14:23	4:21	8	1:30	43	3:38	9.60	49:18	5:08	8	6:44	46	15:00