



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Rene, Jannes

Club: Salzhemmendorf  
Number: 714

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer (20-29 Jahre)

Total time: 50:01

Speed: 10.80 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 62 (of 174)

Rank in course/Men: 51 (of 112)

Best time in course: 34:18

Rank in category: 8(of 16)

Best time in the category: 34:18

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	24:43	6:01	7	8:04	46	8:04	4.10	24:43	6:01	8	8:04	52	8:04
Loddenke	2.20	10:12	4:38	10	3:18	59	3:18	6.30	34:55	5:32	8	11:22	47	11:22
Ilseburg/Markt	3.30	15:06	4:34	9	4:21	54	4:21	9.60	50:01	5:12	8	15:43	51	15:43