



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Jespersen, Poul

Club: AK-Kilen  
Number: 681

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 50:04

Speed: 10.79 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 63 (of 174)

Rank in course/Men: 52 (of 112)

Best time in course: 34:18

Rank in category: 2(of 10)

Best time in the category: 46:42

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	3	1:56	50	8:31	4.10	25:10	6:08	2	1:56	46	8:31
Loddenke	2.20	10:14	4:39	3	0:54	61	3:20	6.30	35:24	5:37	2	2:50	53	11:51
Ilseburg/Markt	3.30	14:40	4:26	2	0:32	47	3:55	9.60	50:04	5:12	2	3:22	52	15:46