



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Seeger, Bernd

Club: LWG Wernigerode
Number: 635

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 50:10

Speed: 10.76 km/h
Running performance: 5:14 min/km

Rank in course/Total: 64 (of 174)

Rank in course/Men: 53 (of 112)

Best time in course: 34:18

Rank in category: 3(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	24:53	6:04	2	1:39	47	8:14	4.10	24:53	6:04	3	1:39	54	8:14
Loddenke	2.20	10:10	4:37	2	0:50	57	3:16	6.30	35:03	5:33	3	2:29	54	11:30
Ilseburg/Markt	3.30	15:07	4:34	3	0:59	56	4:22	9.60	50:10	5:13	3	3:28	53	15:52