



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Karnahl, Eckhard

Club: Gerbstedt / OT Augsdorf
Number: 588

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:51

Speed: 10.62 km/h
Running performance: 5:18 min/km

Rank in course/Total: 66 (of 174)

Rank in course/Men: 55 (of 112)

Best time in course: 34:18

Rank in category: 7(of 12)

Best time in the category: 37:30

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	24:58	6:05	7	6:29	48	8:19	4.10	24:58	6:05	8	6:29	56	8:19
Loddenke	2.20	10:43	4:52	9	3:18	72	3:49	6.30	35:41	5:39	8	9:47	56	12:08
Ilseburg/Markt	3.30	15:10	4:35	7	3:34	59	4:25	9.60	50:51	5:17	7	13:21	55	16:33