



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Schreinert, Axel

Club: Werder/OT Glindow
Number: 515

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:21

Speed: 10.52 km/h
Running performance: 5:21 min/km

Rank in course/Total: 68 (of 174)

Rank in course/Men: 57 (of 112)

Best time in course: 34:18

Rank in category: 8(of 13)

Best time in the category: 38:09

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	25:33	6:13	8	6:44	56	8:54	4.10	25:33	6:13	8	6:10	57	8:54
Loddenke	2.20	10:08	4:36	9	2:37	56	3:14	6.30	35:41	5:39	8	8:47	56	12:08
Ilseburg/Markt	3.30	15:40	4:44	10	4:25	70	4:55	9.60	51:21	5:20	8	13:12	57	17:03