



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: 11.22 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 |