



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Quentmeier, Udo

Club: Oberreitnau  
Number: 626

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 52:01

Speed: 10.38 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 73 (of 174)

Rank in course/Men: 60 (of 112)

Best time in course: 34:18

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:18	6:39	10	8:29	70	10:39	4.10	27:18	6:39	9	7:55	60	10:39
Loddenke	2.20	9:37	4:22	8	2:06	46	2:43	6.30	36:55	5:51	9	10:01	60	13:22
Ilseburg/Markt	3.30	15:06	4:34	8	3:51	54	4:21	9.60	52:01	5:25	9	13:52	60	17:43