



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lönnecke, Bastian

Club: S.C. Saaletal
Number: 536

Course: 9.60 km
Ilsesteinlauf

Category:
Männer (20-29 Jahre)

Total time: 52:04

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 74 (of 174)

Rank in course/Men: 61 (of 112)

Best time in course: 34:18

Rank in category: 10(of 16)

Best time in the category: 34:18

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	26:55	6:33	11	10:16	65	10:16	4.10	26:55	6:33	10	10:16	61	10:16
Loddenke	2.20	10:02	4:33	9	3:08	53	3:08	6.30	36:57	5:51	10	13:24	61	13:24
Ilseburg/Markt	3.30	15:07	4:34	10	4:22	56	4:22	9.60	52:04	5:25	10	17:46	61	17:46