



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Auhage, Jörg

Club: Hannover
Number: 520

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:53

Speed: 10.21 km/h
Running performance: 5:31 min/km

Rank in course/Total: 79 (of 174)

Rank in course/Men: 65 (of 112)

Best time in course: 34:18

Rank in category: 5(of 12)

Best time in the category: 43:56

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	26:32	6:28	5	4:21	63	9:53	4.10	26:32	6:28	5	3:48	65	9:53
Loddenke	2.20	11:05	5:02	9	2:57	80	4:11	6.30	37:37	5:58	5	6:45	65	14:04
Ilseburg/Markt	3.30	15:16	4:37	7	2:12	62	4:31	9.60	52:53	5:30	5	8:57	65	18:35