



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Nitzschmann, Timo

Club: Hannover
Number: 502

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:05

Speed: 10.17 km/h
Running performance: 5:32 min/km

Rank in course/Total: 82 (of 174)

Rank in course/Men: 66 (of 112)

Best time in course: 34:18

Rank in category: 7(of 9)

Best time in the category: 44:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	27:12	6:38	7	5:13	68	10:33	4.10	27:12	6:38	7	5:13	66	10:33
Loddenke	2.20	10:04	4:34	7	1:40	55	3:10	6.30	37:16	5:54	7	6:35	66	13:43
Ilseburg/Markt	3.30	15:49	4:47	7	3:15	71	5:04	9.60	53:05	5:31	7	8:43	66	18:47