



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Wagner, Bernd

Club: Laufgruppe könig-fitness Ilseburg  
Number: 519

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:14

Speed: 10.14 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 83 (of 174)

Rank in course/Men: 67 (of 112)

Best time in course: 34:18

Rank in category: 10(of 13)

Best time in the category: 38:09

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:05	6:36	9	8:16	67	10:26	4.10	27:05	6:36	10	7:42	67	10:26
Loddenke	2.20	10:33	4:47	11	3:02	67	3:39	6.30	37:38	5:58	10	10:44	67	14:05
Ilseburg/Markt	3.30	15:36	4:43	9	4:21	68	4:51	9.60	53:14	5:32	10	15:05	67	18:56