



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Finkensiep, Dirk

Club: LGO Bochum  
Number: 586

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:25

Speed: 10.11 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 85 (of 174)

Rank in course/Men: 68 (of 112)

Best time in course: 34:18

Rank in category: 6(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	26:39	6:30	6	4:28	64	10:00	4.10	26:39	6:30	6	3:55	68	10:00
Loddenke	2.20	10:53	4:56	8	2:45	77	3:59	6.30	37:32	5:57	6	6:40	68	13:59
Ilseburg/Markt	3.30	15:53	4:48	9	2:49	73	5:08	9.60	53:25	5:33	6	9:29	68	19:07