



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Porwoll, Dietmar

Club: Nix tun kann Jeder
Number: 621

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 53:57

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 90 (of 174)

Rank in course/Men: 70 (of 112)

Best time in course: 34:18

Rank in category: 8(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	28:31	6:57	10	6:20	80	11:52	4.10	28:31	6:57	8	5:47	70	11:52
Loddenke	2.20	10:42	4:51	6	2:34	70	3:48	6.30	39:13	6:13	8	8:21	70	15:40
Ilseburg/Markt	3.30	14:44	4:27	4	1:40	49	3:59	9.60	53:57	5:37	8	10:01	70	19:39