



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Trowitzsch, Gregor

Club: Sport-Art-Luechow
Number: 705

Course: 9.60 km
Ilsesteinlauf

Category:
Männer (20-29 Jahre)

Total time: 54:09

Speed: 9.97 km/h
Running performance: 5:38 min/km

Rank in course/Total: 92 (of 174)

Rank in course/Men: 71 (of 112)

Best time in course: 34:18

Rank in category: 11(of 16)

Best time in the category: 34:18

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	22:51	5:34	4	6:12	25	6:12	4.10	22:51	5:34	11	6:12	26	6:12
Loddenke	2.20	12:12	5:32	14	5:18	99	5:18	6.30	35:03	5:33	11	11:30	54	11:30
Ilseburg/Markt	3.30	19:06	5:47	16	8:21	108	8:21	9.60	54:09	5:38	11	19:51	71	19:51