



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Dahlhaus, Ulrich

Club: NSV Wernigerode
Number: 609

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:17

Speed: 9.95 km/h
Running performance: 5:39 min/km

Rank in course/Total: 96 (of 174)

Rank in course/Men: 73 (of 112)

Best time in course: 34:18

Rank in category: 11(of 13)

Best time in the category: 38:09

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	28:09	6:51	11	9:20	77	11:30	4.10	28:09	6:51	11	8:46	73	11:30
Loddenke	2.20	10:13	4:38	10	2:42	60	3:19	6.30	38:22	6:05	11	11:28	73	14:49
Ilseburg/Markt	3.30	15:55	4:49	11	4:40	74	5:10	9.60	54:17	5:39	11	16:08	73	19:59