



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

**Bauer, Ralf**

Club: Wernigerode  
Number: 513

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:18

Speed: 9.94 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 97 (of 174)

Rank in course/Men: 74 (of 112)

Best time in course: 34:18

Rank in category: 9(of 12)

Best time in the category: 42:34

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	28:11	6:52	9	7:03	78	11:32	4.10	28:11	6:52	9	7:03	74	11:32
Loddenke	2.20	10:11	4:37	9	1:38	58	3:17	6.30	38:22	6:05	9	8:41	73	14:49
Ilseburg/Markt	3.30	15:56	4:49	9	3:03	75	5:11	9.60	54:18	5:39	9	11:44	74	20:00