



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Berndt, Markus

Club: SC Ilseburg
Number: 717

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 54:28

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 98 (of 174)

Rank in course/Men: 75 (of 112)

Best time in course: 34:18

Rank in category: 8(of 9)

Best time in the category: 44:22

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:17	6:39	8	5:18	69	10:38	4.10	27:17	6:39	8	5:18	75	10:38
Loddenke	2.20	10:55	4:57	9	2:31	78	4:01	6.30	38:12	6:03	8	7:31	75	14:39
Ilseburg/Markt	3.30	16:16	4:55	8	3:42	78	5:31	9.60	54:28	5:40	8	10:06	75	20:10