



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Vollmar, Heinz

Club: TSV Frankenberg
Number: 531

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 54:41

Speed: 9.88 km/h
Running performance: 5:42 min/km

Rank in course/Total: 99 (of 174)

Rank in course/Men: 76 (of 112)

Best time in course: 34:18

Rank in category: 1(of 3)

Best time in the category: 54:41

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	27:31	6:42	1	-	73	10:52	4.10	27:31	6:42	1	-	76	10:52
Loddenke	2.20	10:48	4:54	2	0:06	74	3:54	6.30	38:19	6:04	1	-	69	14:46
Ilseburg/Markt	3.30	16:22	4:57	1	-	79	5:37	9.60	54:41	5:41	1	-	76	20:23