



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Gehrke, Heiko

Club: TSV Lengde
Number: 530

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:50

Speed: 9.50 km/h
Running performance: 5:55 min/km

Rank in course/Total: 111 (of 174)

Rank in course/Men: 83 (of 112)

Best time in course: 34:18

Rank in category: 9(of 12)

Best time in the category: 37:30

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	29:04	7:05	10	10:35	87	12:25	4.10	29:04	7:05	9	10:35	83	12:25
Loddenke	2.20	10:29	4:45	8	3:04	65	3:35	6.30	39:33	6:16	9	13:39	83	16:00
Ilseburg/Markt	3.30	17:17	5:14	10	5:41	93	6:32	9.60	56:50	5:55	9	19:20	83	22:32