



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Ließmann, Gerald

Club: Ilseburg  
Number: 522

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 57:09

Speed: 9.45 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 114 (of 174)

Rank in course/Men: 85 (of 112)

Best time in course: 34:18

Rank in category: 11(of 12)

Best time in the category: 43:56

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ilsestein	4.10	28:18	6:54	9	6:07	79	11:39	4.10	28:18	6:54	11	5:34	85	11:39
Loddenke	2.20	11:41	5:18	11	3:33	94	4:47	6.30	39:59	6:20	11	9:07	85	16:26
Ilseburg/Markt	3.30	17:10	5:12	11	4:06	90	6:25	9.60	57:09	5:57	11	13:13	85	22:51