



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Stahl, Lothar

Total time: 57:34

Club: ESV 49 Angermünde Laufgruppe -Die Lokvögel
Number: 641

Speed: 9.38 km/h

Running performance: 6:00 min/km

Course: 9.60 km
Ilsesteinlauf

Rank in course/Total: 116 (of 174)

Rank in course/Men: 86 (of 112)

Best time in course: 34:18

Category:

Rank in category: 2(of 4)

Senioren M70 (70-74 Jahre)

Best time in the category: 56:07

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	29:49	7:16	2	0:54	93	13:10	4.10	29:49	7:16	2	0:54	86	13:10
Loddenke	2.20	11:22	5:09	2	0:01	83	4:28	6.30	41:11	6:32	2	0:55	86	17:38
Ilseburg/Markt	3.30	16:23	4:57	2	0:32	80	5:38	9.60	57:34	5:59	2	1:27	86	23:16