



42. Brockenlauf

Ilseburg / 01.09.2012

Detailed evaluation

Reinsdorf, Sten

Club: NSV-Wernigerode
Number: 505

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:43

Speed: 9.36 km/h
Running performance: 6:01 min/km

Rank in course/Total: 119 (of 174)

Rank in course/Men: 87 (of 112)

Best time in course: 34:18

Rank in category: 9(of 9)

Best time in the category: 44:22

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	29:48	7:16	9	7:49	92	13:09	4.10	29:48	7:16	9	7:49	87	13:09
Loddenke	2.20	10:30	4:46	8	2:06	66	3:36	6.30	40:18	6:23	9	9:37	87	16:45
Ilseburg/Markt	3.30	17:25	5:16	9	4:51	94	6:40	9.60	57:43	6:00	9	13:21	87	23:25