



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bollmann, Manfred

Club: Ilseburg
Number: 528

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 58:02

Speed: 9.93 km/h
Running performance: 6:03 min/km

Rank in course/Total: 121 (of 174)

Rank in course/Men: 89 (of 112)

Best time in course: 34:18

Rank in category: 10(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	28:37	6:58	9	10:08	81	11:58	4.10	28:37	6:58	10	10:08	89	11:58
Loddenke	2.20	11:30	5:13	11	4:05	88	4:36	6.30	40:07	6:22	10	14:13	89	16:34
Ilseburg/Markt	3.30	17:55	5:25	11	6:19	100	7:10	9.60	58:02	6:02	10	20:32	89	23:44