



42. Brockenlauf Ilseburg / 01.09.2012

Detailed evaluation

Engelmann, Dieter

Number: 690

Course: 9.60 km

Ilsesteinlauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 58:17

Speed: 9.27 km/h

Running performance: 6:04 min/km

Rank in course/Total: 123 (of 174)

Rank in course/Men: 90 (of 112)

Best time in course: 34:18

Rank in category: 6(of 10)

Best time in the category: 46:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:53	7:17	6	6:39	94	13:14	4.10	29:53	7:17	6	6:39	90	13:14
Loddenke	2.20	11:22	5:09	5	2:02	83	4:28	6.30	41:15	6:32	6	8:41	90	17:42
Ilseburg/Markt	3.30	17:02	5:09	6	2:54	89	6:17	9.60	58:17	6:04	6	11:35	90	23:59