



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Zeidler, Klaus

Club: Ilseburg  
Number: 673

Course: 9.60 km  
Ilsesteinlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:30

Speed: 9.23 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 124 (of 174)

Rank in course/Men: 91 (of 112)

Best time in course: 34:18

Rank in category: 12(of 13)

Best time in the category: 38:09

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	30:12	7:21	12	11:23	95	13:33	4.10	30:12	7:21	12	10:49	91	13:33
Loddenke	2.20	11:31	5:14	12	4:00	90	4:37	6.30	41:43	6:37	12	14:49	91	18:10
Ilseburg/Markt	3.30	16:47	5:05	12	5:32	86	6:02	9.60	58:30	6:05	12	20:21	91	24:12