



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Nagel, Wolfgang

Club: Salzgitter
Number: 533

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 59:05

Speed: 9.14 km/h
Running performance: 6:09 min/km

Rank in course/Total: 130 (of 174)

Rank in course/Men: 92 (of 112)

Best time in course: 34:18

Rank in category: 7(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.	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	30:24	7:24	9	7:10	99	13:45	4.10	30:24	7:24	7	7:10	92	13:45
Loddenke	2.20	11:30	5:13	6	2:10	88	4:36	6.30	41:54	6:39	7	9:20	92	18:21
Ilseburg/Markt	3.30	17:11	5:12	7	3:03	91	6:26	9.60	59:05	6:09	7	12:23	92	24:47