



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Soltau, Dieter

Club: Nordhausen
Number: 606

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:01:01

Speed: 8.85 km/h
Running performance: 6:22 min/km

Rank in course/Total: 147 (of 174)

Rank in course/Men: 101 (of 112)

Best time in course: 34:18

Rank in category: 3(of 4)

Best time in the category: 56:07

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	31:41	7:43	3	2:46	102	15:02	4.10	31:41	7:43	3	2:46	101	15:02
Loddenke	2.20	11:37	5:16	3	0:16	92	4:43	6.30	43:18	6:52	3	3:02	101	19:45
Ilseburg/Markt	3.30	17:43	5:22	3	1:52	98	6:58	9.60	1:01:01	6:21	3	4:54	101	26:43