



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Rißmann, Marcus

Club: König-Fitness
Number: 667

Course: 9.60 km
Ilsesteinlauf

Category:
Männer (20-29 Jahre)

Total time: 1:01:34

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 150 (of 174)

Rank in course/Men: 103 (of 112)

Best time in course: 34:18

Rank in category: 16(of 16)

Best time in the category: 34:18

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	30:28	7:25	16	13:49	100	13:49	4.10	30:28	7:25	16	13:49	103	13:49
Loddenke	2.20	13:27	6:06	16	6:33	107	6:33	6.30	43:55	6:58	16	20:22	103	20:22
Ilseburg/Markt	3.30	17:39	5:20	14	6:54	97	6:54	9.60	1:01:34	6:24	16	27:16	103	27:16