



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Fricke, Gerd

Club: LAV 07 Bad Harzburg
Number: 535

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:02:07

Speed: 8.69 km/h
Running performance: 6:28 min/km

Rank in course/Total: 152 (of 174)

Rank in course/Men: 105 (of 112)

Best time in course: 34:18

Rank in category: 10(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	32:37	7:57	10	9:23	106	15:58	4.10	32:37	7:57	10	9:23	105	15:58
Loddenke	2.20	11:46	5:20	8	2:26	95	4:52	6.30	44:23	7:02	10	11:49	105	20:50
Ilseburg/Markt	3.30	17:44	5:22	9	3:36	99	6:59	9.60	1:02:07	6:28	10	15:25	105	27:49