



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Holz, Volker

Club: Derenburg
Number: 587

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:41

Speed: 8.61 km/h
Running performance: 6:32 min/km

Rank in course/Total: 154 (of 174)

Rank in course/Men: 107 (of 112)

Best time in course: 34:18

Rank in category: 13(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	32:23	7:53	13	13:34	105	15:44	4.10	32:23	7:53	13	13:00	107	15:44	
Loddenke	2.20	12:01	5:27	13	4:30	97	5:07	6.30	44:24	7:02	13	17:30	107	20:51	
Ilseburg/Markt	3.30	18:17	5:32	13	7:02	103	7:32	9.60	1:02:41	6:31	13	24:32	107	28:23	