



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kastendeich, Horst

Club: SG Dankerode
Number: 711

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M75 (75 und älter)

Total time: 1:07:48

Speed: 7.96 km/h
Running performance: 7:04 min/km

Rank in course/Total: 164 (of 174)

Rank in course/Men: 108 (of 112)

Best time in course: 34:18

Rank in category: 1(of 2)

Best time in the category: 1:07:48

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	33:27	8:09	1	-	108	16:48	4.10	33:27	8:09	1	-	108	16:48
Loddenke	2.20	15:58	7:15	2	2:07	112	9:04	6.30	49:25	7:50	1	-	108	25:52
Ilseburg/Markt	3.30	18:23	5:34	1	-	104	7:38	9.60	1:07:48	7:03	1	-	108	33:30