



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Niespor, René

Club: SV Prießnitz e.V.
Number: 511

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:08:56

Speed: 8.36 km/h
Running performance: 7:11 min/km

Rank in course/Total: 167 (of 174)

Rank in course/Men: 110 (of 112)

Best time in course: 34:18

Rank in category: 12(of 12)

Best time in the category: 42:34

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	34:13	8:20	12	13:05	109	17:34	4.10	34:13	8:20	12	13:05	110	17:34
Loddenke	2.20	13:13	6:00	12	4:40	106	6:19	6.30	47:26	7:31	12	17:45	110	23:53
Ilseburg/Markt	3.30	21:30	6:30	12	8:37	111	10:45	9.60	1:08:56	7:10	12	26:22	110	34:38