



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Werner, Detlef

Total time: 1:12:31

Club: ESV 49 Angermünde Laufgruppe -Die Lokvögel
Number: 640

Speed: 7.45 km/h

Running performance: 7:33 min/km

Course: 9.60 km
Ilsesteinlauf

Rank in course/Total: 171 (of 174)

Rank in course/Men: 112 (of 112)

Best time in course: 34:18

Category:

Rank in category: 12(of 12)

Senioren M55 (55-59 Jahre)

Best time in the category: 37:30

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	37:00	9:01	12	18:31	112	20:21	4.10	37:00	9:01	12	18:31	112	20:21
Loddenke	2.20	14:55	6:46	12	7:30	110	8:01	6.30	51:55	8:14	12	26:01	112	28:22
Ilseburg/Markt	3.30	20:36	6:14	12	9:00	110	9:51	9.60	1:12:31	7:33	12	35:01	112	38:13