



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Damrau, Antje

Club: NSV Wernigerode
Number: 698

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 41:09

Speed: 13.12 km/h
Running performance: 4:17 min/km

Rank in course/Total: 9 (of 174)

Rank in course/Women: 1 (of 62)

Best time in course: 41:09

Rank in category: 1 (of 6)

Best time in the category: 41:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Ilsestein	4.10	20:22	4:58	1	-	1	-	4.10	20:22	4:58	1	-	48	
Loddenke	2.20	8:01	3:38	1	-	1	-	6.30	28:23	4:30	1	-	48	
Ilseburg/Markt	3.30	12:46	3:52	1	-	1	-	9.60	41:09	4:17	1	-	1	-