



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 611

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 42:38

Speed: 12.67 km/h
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 174)

Rank in course/Women: 3 (of 62)

Best time in course: 41:09

Rank in category: 1(of 22)

Best time in the category: 42:38

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Ilsestein | 4.10 | 21:09 | 5:09 | 1 | - | 3 | 0:47 | 4.10 | 21:09 | 5:09 | 12 | - | 3 | 34 |
| Loddenke | 2.20 | 8:23 | 3:48 | 1 | - | 3 | 0:22 | 6.30 | 29:32 | 4:41 | 12 | - | 3 | 34 |
| Ilseburg/Markt | 3.30 | 13:06 | 3:58 | 1 | - | 2 | 0:20 | 9.60 | 42:38 | 4:26 | 1 | - | 3 | 1:29 |