



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