



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Herbst, Simone

Club: Blankenburg  
Number: 703

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 46:03

Speed: 11.73 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 34 (of 174)

Rank in course/Women: 5 (of 62)

Best time in course: 41:09

Rank in category: 2(of 22)

Best time in the category: 42:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	22:32	5:29	2	1:23	5	2:10	4.10	22:32	5:29	22			36
Loddenke	2.20	9:32	4:19	3	1:09	6	1:31	6.30	32:04	5:05	22			36
Ilseburg/Markt	3.30	13:59	4:14	2	0:53	5	1:13	9.60	46:03	4:47	2	3:25	5	4:54