



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg
Number: 556

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:06

Speed: 11.46 km/h
Running performance: 4:55 min/km

Rank in course/Total: 44 (of 174)

Rank in course/Women: 7 (of 62)

Best time in course: 41:09

Rank in category: 4(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	23:30	5:43	4	2:21	7	3:08	4.10	23:30	5:43	20			38
Loddenke	2.20	9:36	4:21	4	1:13	7	1:35	6.30	33:06	5:15	20			38
Ilseburg/Markt	3.30	14:00	4:14	3	0:54	6	1:14	9.60	47:06	4:54	4	4:28	7	5:57