



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Heise, Ruth

Club: MSV Eintracht Halberstadt
Number: 596

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 49:45

Speed: 10.85 km/h
Running performance: 5:11 min/km

Rank in course/Total: 59 (of 174)

Rank in course/Women: 10 (of 62)

Best time in course: 41:09

Rank in category: 1(of 1)

Best time in the category: 49:45

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
Ilsestein	4.10	25:11	6:08	1	-	10	4:49	4.10	25:11	6:08	1	-	41
Loddenke	2.20	10:04	4:34	1	-	11	2:03	6.30	35:15	5:35	1	-	41
Ilseburg/Markt	3.30	14:30	4:23	1	-	9	1:44	9.60	49:45	5:10	1	-	10 8:36