



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bleek, Anke

Club: Bad Harzburg
Number: 551

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 49:47

Speed: 11.57 km/h
Running performance: 5:11 min/km

Rank in course/Total: 60 (of 174)

Rank in course/Women: 11 (of 62)

Best time in course: 41:09

Rank in category: 5(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	24:47	6:02	5	3:38	9	4:25	4.10	24:47	6:02	19			42
Loddenke	2.20	10:23	4:43	8	2:00	16	2:22	6.30	35:10	5:34	19			42
Ilseburg/Markt	3.30	14:37	4:25	5	1:31	11	1:51	9.60	49:47	5:11	5	7:09	11	8:38