



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Stein, Simone

Club: Victoria Linden Hannover  
Number: 589

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 52:52

Speed: 10.21 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 78 (of 174)

Rank in course/Women: 14 (of 62)

Best time in course: 41:09

Rank in category: 8(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
Ilsestein	4.10	26:29	6:27	8	5:20	14	6:07	4.10	26:29	6:27	16		45
Loddenke	2.20	11:07	5:03	16	2:44	30	3:06	6.30	37:36	5:58	16		45
Ilseburg/Markt	3.30	15:16	4:37	8	2:10	15	2:30	9.60	52:52	5:30	8	10:14	14 11:43