



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 | Behind 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 |