



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Derksen, Esther

Club: AV Veluwe (NL)  
Number: 691

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 52:56  
Speed: 10.20 km/h  
Running performance: 5:31 min/km  
Rank in course/Total: 80 (of 174)  
Rank in course/Women: 15 (of 62)  
Best time in course: 41:09  
Rank in category: 9(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	26:53	6:33	10	5:44	17	6:31	4.10	26:53	6:33	15	0:01	46
Loddenke	2.20	10:49	4:54	11	2:26	25	2:48	6.30	37:42	5:59	15		46
Ilseburg/Markt	3.30	15:14	4:36	7	2:08	14	2:28	9.60	52:56	5:30	9	10:18	15 11:47