



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Koch, Manuela

Club: S.C. Saaletal
Number: 550

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:05

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 81 (of 174)

Rank in course/Women: 16 (of 62)

Best time in course: 41:09

Rank in category: 10(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	27:12	6:38	12	6:03	19	6:50	4.10	27:12	6:38	14	0:20	47
Loddenke	2.20	10:05	4:34	6	1:42	12	2:04	6.30	37:17	5:55	14		47
Ilseburg/Markt	3.30	15:48	4:47	11	2:42	18	3:02	9.60	53:05	5:31	10	10:27	16 11:56