



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kresin, Mandy

Club: Magdeburg
Number: 590

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 53:18

Speed: 10.13 km/h
Running performance: 5:33 min/km

Rank in course/Total: 84 (of 174)

Rank in course/Women: 17 (of 62)

Best time in course: 41:09

Rank in category: 2(of 4)

Best time in the category: 42:03

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	26:45	6:31	2	6:06	15	6:23	4.10	26:45	6:31	2	6:06	32
Loddenke	2.20	10:16	4:40	2	2:04	15	2:15	6.30	37:01	5:52	2	8:10	32
Ilseburg/Markt	3.30	16:17	4:56	3	3:05	25	3:31	9.60	53:18	5:33	2	11:15	17 12:09