



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bedemann, Anke

Club: Ziltendorfer Rennmäuse
Number: 552

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:48

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 89 (of 174)

Rank in course/Women: 20 (of 62)

Best time in course: 41:09

Rank in category: 12(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	26:52	6:33	9	5:43	16	6:30	4.10	26:52	6:33	1	-	51	
Loddenke	2.20	10:56	4:58	13	2:33	27	2:55	6.30	37:48	6:00	1	-	51	
Ilseburg/Markt	3.30	16:00	4:50	13	2:54	21	3:14	9.60	53:48	5:36	12	11:10	20	12:39