



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kilian, Elke

Club: Nix tun kann Jeder
Number: 618

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 55:30

Speed: 9.73 km/h
Running performance: 5:47 min/km

Rank in course/Total: 104 (of 174)

Rank in course/Women: 25 (of 62)

Best time in course: 41:09

Rank in category: 1(of 4)

Best time in the category: 55:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	28:13	6:52	2	0:25	26	7:51	4.10	28:13	6:52	1	-	56	
Loddenke	2.20	10:42	4:51	1	-	23	2:41	6.30	38:55	6:10	1	-	56	
Ilseburg/Markt	3.30	16:35	5:01	1	-	28	3:49	9.60	55:30	5:46	1	-	25	14:21