



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Noll, Melanie

Club: LG BSN  
Number: 604

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 55:40

Speed: 9.70 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 105 (of 174)

Rank in course/Women: 26 (of 62)

Best time in course: 41:09

Rank in category: 3(of 6)

Best time in the category: 41:09

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women |
| Ilsestein      | 4.10        | 28:34         | 6:58            | 3           | 8:12           | 28           | 8:12            | 4.10          | 28:34         | 6:58            | 3           | 8:12           | 57           |
| Loddenke       | 2.20        | 10:39         | 4:50            | 3           | 2:38           | 21           | 2:38            | 6.30          | 39:13         | 6:13            | 3           | 10:50          | 57           |
| Ilseburg/Markt | 3.30        | 16:27         | 4:59            | 3           | 3:41           | 26           | 3:41            | 9.60          | 55:40         | 5:47            | 3           | 14:31          | 26 14:31     |