



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 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	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