



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Großhennig, Esther

Club: Veckenstedt  
Number: 575

Course: 9.60 km  
Ilsesteinlauf

Category:  
Frauen (20-29 Jahre)

Total time: 56:12

Speed: 10.25 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 109 (of 174)

Rank in course/Women: 27 (of 62)

Best time in course: 41:09

Rank in category: 3(of 11)

Best time in the category: 49:29

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	28:45	7:00	4	3:28	29	8:23	4.10	28:45	7:00	3	3:28	58
Loddenke	2.20	10:39	4:50	5	0:59	21	2:38	6.30	39:24	6:15	3	4:27	58
Ilseburg/Markt	3.30	16:48	5:05	3	2:16	29	4:02	9.60	56:12	5:51	3	6:43	27 15:03