



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Breithaupt, Christel

Club: Bad Segeberg
Number: 564

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 56:26

Speed: 9.57 km/h
Running performance: 5:53 min/km

Rank in course/Total: 110 (of 174)

Rank in course/Women: 28 (of 62)

Best time in course: 41:09

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	27:48	6:46	1	-	24	7:26	4.10	27:48	6:46	2			59
Loddenke	2.20	11:20	5:09	2	0:38	32	3:19	6.30	39:08	6:12	2	0:13		59
Ilseburg/Markt	3.30	17:18	5:14	2	0:43	35	4:32	9.60	56:26	5:52	2	0:56	28	15:17