



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Kuzdzal, Katarzyna

Club: Brzeg
Number: 685

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 58:42

Speed: 9.81 km/h
Running performance: 6:07 min/km

Rank in course/Total: 126 (of 174)

Rank in course/Women: 35 (of 62)

Best time in course: 41:09

Rank in category: 4(of 4)

Best time in the category: 42:03

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	30:33	7:27	4	9:54	43	10:11	4.10	30:33	7:27	4	9:54	4
Loddenke	2.20	12:06	5:29	4	3:54	46	4:05	6.30	42:39	6:46	4	13:48	4
Ilseburg/Markt	3.30	16:03	4:51	2	2:51	22	3:17	9.60	58:42	6:06	4	16:39	35 17:33