



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hildebrandt, Irina

Club: Musikexpress Abbenrode
Number: 668

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:01

Speed: 9.15 km/h
Running performance: 6:09 min/km

Rank in course/Total: 128 (of 174)

Rank in course/Women: 37 (of 62)

Best time in course: 41:09

Rank in category: 17(of 22)

Best time in the category: 42:38

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	30:05	7:20	15	8:56	35	9:43	4.10	30:05	7:20	7	3:13	6
Loddenke	2.20	11:37	5:16	17	3:14	38	3:36	6.30	41:42	6:37	7	3:54	6
Ilseburg/Markt	3.30	17:19	5:14	17	4:13	36	4:33	9.60	59:01	6:08	17	16:23	37 17:52