



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hertel, Grit

Club: Volkssport Eisenhüttenstadt
Number: 559

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 59:12

Speed: 9.12 km/h
Running performance: 6:10 min/km

Rank in course/Total: 131 (of 174)

Rank in course/Women: 39 (of 62)

Best time in course: 41:09

Rank in category: 2(of 6)

Best time in the category: 54:05

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	29:50	7:16	2	2:06	33	9:28	4.10	29:50	7:16	2	2:06	8
Loddenke	2.20	12:00	5:27	4	1:34	43	3:59	6.30	41:50	6:38	2	3:40	8
Ilseburg/Markt	3.30	17:22	5:15	3	1:27	37	4:36	9.60	59:12	6:10	2	5:07	39 18:03