



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Al Ghorl, Gesine

Club: Aschersleben  
Number: 601

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 59:37

Speed: 9.06 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 133 (of 174)

Rank in course/Women: 40 (of 62)

Best time in course: 41:09

Rank in category: 18(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	30:38	7:28	18	9:29	44	10:16	4.10	30:38	7:28	6	3:46	9
Loddenke	2.20	11:53	5:24	19	3:30	42	3:52	6.30	42:31	6:44	6	4:43	9
Ilseburg/Markt	3.30	17:06	5:10	16	4:00	31	4:20	9.60	59:37	6:12	18	16:59	40 18:28