



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Prösch, Christina

Number: 568

Course: 9.60 km
Ilsesteinlauf

Category:
Frauen (20-29 Jahre)

Total time: 59:56

Speed: 9.01 km/h

Running performance: 6:14 min/km

Rank in course/Total: 137 (of 174)

Rank in course/Women: 43 (of 62)

Best time in course: 41:09

Rank in category: 10(of 11)

Best time in the category: 49:29

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	30:09	7:21	8	4:52	36	9:47	4.10	30:09	7:21	10	4:52	12
Loddenke	2.20	12:43	5:46	10	3:03	52	4:42	6.30	42:52	6:48	10	7:55	12
Ilseburg/Markt	3.30	17:04	5:10	4	2:32	30	4:18	9.60	59:56	6:14	10	10:27	43 18:47