



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Max, Andrea

Club: Nix tun kann Jeder
Number: 619

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:11

Speed: 8.97 km/h
Running performance: 6:16 min/km

Rank in course/Total: 139 (of 174)

Rank in course/Women: 44 (of 62)

Best time in course: 41:09

Rank in category: 3(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	Behind Women
Ilsestein	4.10	31:36	7:42	4	3:52	47	11:14	4.10	31:36	7:42	3	3:52	13	
Loddenke	2.20	11:28	5:12	2	1:02	36	3:27	6.30	43:04	6:50	3	4:54	13	
Ilseburg/Markt	3.30	17:07	5:11	2	1:12	32	4:21	9.60	1:00:11	6:16	3	6:06	44	19:02