



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Lenk, Heike

Club: Poing
Number: 546

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:58

Speed: 8.58 km/h
Running performance: 6:34 min/km

Rank in course/Total: 155 (of 174)

Rank in course/Women: 48 (of 62)

Best time in course: 41:09

Rank in category: 4(of 6)

Best time in the category: 41:09

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	33:00	8:02	5	12:38	52	12:38	4.10	33:00	8:02	4	12:38	1	-
Loddenke	2.20	11:36	5:16	4	3:35	37	3:35	6.30	44:36	7:04	4	16:13	1	-
Ilseburg/Markt	3.30	18:22	5:33	4	5:36	48	5:36	9.60	1:02:58	6:33	4	21:49	48	21:49