



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 |