



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Nagel, Julia

Club: HSG LISA
Number: 544

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:03:27

Speed: 8.51 km/h
Running performance: 6:37 min/km

Rank in course/Total: 156 (of 174)

Rank in course/Women: 49 (of 62)

Best time in course: 41:09

Rank in category: 5(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	32:41	7:58	4	12:19	49	12:19	4.10	32:41	7:58	5	12:19	18	
Loddenke	2.20	12:23	5:37	5	4:22	50	4:22	6.30	45:04	7:09	5	16:41	18	0:28
Ilseburg/Markt	3.30	18:23	5:34	5	5:37	49	5:37	9.60	1:03:27	6:36	5	22:18	49	22:18