



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hinrichs, Karin

Club: Weste
Number: 562

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:31

Speed: 8.50 km/h
Running performance: 6:37 min/km

Rank in course/Total: 157 (of 174)

Rank in course/Women: 50 (of 62)

Best time in course: 41:09

Rank in category: 2(of 3)

Best time in the category: 55:16

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	32:48	8:00	2	5:14	50	12:26	4.10	32:48	8:00	2	5:14	19	
Loddenke	2.20	12:50	5:49	2	1:23	53	4:49	6.30	45:38	7:14	2	6:37	19	1:02
Ilseburg/Markt	3.30	17:53	5:25	2	1:38	46	5:07	9.60	1:03:31	6:36	2	8:15	50	22:22