



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Grün, Bettina

Club: TSV Frankenberg  
Number: 560

Course: 9.60 km  
Ilsesteinlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:28

Speed: 8.00 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 163 (of 174)

Rank in course/Women: 56 (of 62)

Best time in course: 41:09

Rank in category: 5(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	33:58	8:17	5	6:14	56	13:36	4.10	33:58	8:17	5	6:14	24	0:58
Loddenke	2.20	14:10	6:26	5	3:44	57	6:09	6.30	48:08	7:38	5	9:58	24	3:32
Ilseburg/Markt	3.30	19:20	5:51	5	3:25	58	6:34	9.60	1:07:28	7:01	5	13:23	56	26:19