



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Vollmar, Gisela

Club: TSV Frankenberg
Number: 566

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:27

Speed: 8.01 km/h
Running performance: 7:02 min/km

Rank in course/Total: 162 (of 174)

Rank in course/Women: 55 (of 62)

Best time in course: 41:09

Rank in category: 4(of 4)

Best time in the category: 55:30

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 | 34:00 | 8:17 | 4 | 6:12 | 57 | 13:38 | 4.10 | 34:00 | 8:17 | 4 | 5:47 | 25 | 1:00 |
| Loddenke | 2.20 | 14:08 | 6:25 | 4 | 3:26 | 56 | 6:07 | 6.30 | 48:08 | 7:38 | 4 | 9:13 | 24 | 3:32 |
| Ilseburg/Markt | 3.30 | 19:19 | 5:51 | 4 | 2:44 | 57 | 6:33 | 9.60 | 1:07:27 | 7:01 | 4 | 11:57 | 55 | 26:18 |