



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Gomez Castro, Cinthya

Club: Göttingen
Number: 708

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:08:12

Speed: 7.92 km/h
Running performance: 7:06 min/km

Rank in course/Total: 165 (of 174)

Rank in course/Women: 57 (of 62)

Best time in course: 41:09

Rank in category: 6(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	33:51	8:15	6	13:29	55	13:29	4.10	33:51	8:15	6	13:29	26	0:51
Loddenke	2.20	15:38	7:06	6	7:37	61	7:37	6.30	49:29	7:51	6	21:06	26	4:53
Ilseburg/Markt	3.30	18:43	5:40	6	5:57	52	5:57	9.60	1:08:12	7:06	6	27:03	57	27:03