



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Ryll, Ingrid

Club: Hettstedt
Number: 636

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 1:09:21

Speed: 7.79 km/h
Running performance: 7:13 min/km

Rank in course/Total: 169 (of 174)

Rank in course/Women: 59 (of 62)

Best time in course: 41:09

Rank in category: 1(of 1)

Best time in the category: 1:09:21

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Ilsestein | 4.10 | 35:24 | 8:38 | 1 | - | 59 | 15:02 | 4.10 | 35:24 | 8:38 | 1 | - | 28 | 2:24 |
| Loddenke | 2.20 | 13:25 | 6:05 | 1 | - | 54 | 5:24 | 6.30 | 48:49 | 7:44 | 1 | - | 28 | 4:13 |
| Ilseburg/Markt | 3.30 | 20:32 | 6:13 | 1 | - | 59 | 7:46 | 9.60 | 1:09:21 | 7:13 | 1 | - | 59 | 28:12 |