



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: 8.31 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	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	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