



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Albrecht, Birgit

Club: Menden
Number: 715

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:13:31

Speed: 7.35 km/h
Running performance: 7:40 min/km

Rank in course/Total: 172 (of 174)

Rank in course/Women: 60 (of 62)

Best time in course: 41:09

Rank in category: 3(of 3)

Best time in the category: 55:16

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	35:58	8:46	3	8:24	60	15:36	4.10	35:58	8:46	3	8:24	29	2:58
Loddenke	2.20	15:09	6:53	3	3:42	60	7:08	6.30	51:07	8:06	3	12:06	29	6:31
Ilseburg/Markt	3.30	22:24	6:47	3	6:09	60	9:38	9.60	1:13:31	7:39	3	18:15	60	32:22