



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Stadie, Annette

Club: Salzgitter
Number: 558

Course: 9.60 km
Ilsesteinlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:41

Speed: 7.33 km/h
Running performance: 7:41 min/km

Rank in course/Total: 173 (of 174)

Rank in course/Women: 61 (of 62)

Best time in course: 41:09

Rank in category: 6(of 6)

Best time in the category: 54:05

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	36:13	8:50	6	8:29	61	15:51	4.10	36:13	8:50	6	8:29	30	3:13
Loddenke	2.20	14:48	6:43	6	4:22	58	6:47	6.30	51:01	8:05	6	12:51	30	6:25
Ilseburg/Markt	3.30	22:40	6:52	6	6:45	62	9:54	9.60	1:13:41	7:40	6	19:36	61	32:32