



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Hollstein, Gisela

Club: VfL Bad Nenndorf
Number: 192

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:33:08

Speed: 10.19 km/h
Running performance: 5:50 min/km

Rank in course/Total: 208 (of 426)

Rank in course/Women: 12 (of 55)

Best time in course: 2:09:06

Rank in category: 3(of 11)

Best time in the category: 2:10:33

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	19:24	5:52	7	3:42	20	3:59	3.30	19:24	5:52	3	3:42	40	
Schlüsie	3.10	20:39	6:39	5	3:26	18	3:26	6.40	40:03	6:15	3	7:08	40	
Hermannsklippe	2.60	18:54	7:16	7	3:17	19	3:17	9.00	58:57	6:33	3	10:25	40	
Brocken	3.10	28:54	9:19	3	3:09	11	4:25	12.10	1:27:51	7:15	3	13:34	39	
Eiserner Handwe	3.60	19:19	5:21	7	4:39	23	4:39	15.70	1:47:10	6:49	3	18:13	39	
Schlüsie	4.10	17:22	4:14	5	2:43	17	3:00	19.80	2:04:32	6:17	3	20:56	40	
Loddenke	3.10	13:25	4:19	3	0:49	9	4:05	22.90	2:17:57	6:01	3	21:45	40	
Ilseburg/Markt	3.30	15:11	4:36	3	0:52	7	1:42	26.20	2:33:08	5:50	3	22:35	12	24:02