



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Ketzer, Ina

Club: Iserlohner Triathlon Team  
Number: 22

Course: 26.20 km  
Brockenlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:39:25

Speed: 9.79 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 254 (of 426)

Rank in course/Women: 20 (of 55)

Best time in course: 2:09:06

Rank in category: 3(of 14)

Best time in the category: 2:23:23

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	18:57	5:44	3	1:22	16	3:32	3.30	18:57	5:44	3	1:22	42	
Schlüsie	3.10	20:35	6:38	2	2:06	16	3:22	6.40	39:32	6:10	3	3:28	48	
Hermannsklippe	2.60	18:54	7:16	2	1:42	19	3:17	9.00	58:26	6:29	3	5:10	48	
Brocken	3.10	29:07	9:23	2	0:45	12	4:38	12.10	1:27:33	7:14	3	5:55	47	
Eiserner Handwe	3.60	20:20	5:38	3	3:04	29	5:40	15.70	1:47:53	6:52	3	8:59	47	
Schlüsie	4.10	20:18	4:57	9	4:12	40	5:56	19.80	2:08:11	6:28	3	13:11	48	
Loddenke	3.10	15:23	4:57	4	2:18	27	6:03	22.90	2:23:34	6:16	3	15:29	48	
Ilseburg/Markt	3.30	15:51	4:48	3	0:33	15	2:22	26.20	2:39:25	6:05	3	16:02	20	30:19