



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Freistedt, Ines

Club: HSG Rückmarsdorf
Number: 272

Course: 26.20 km
Brockenlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:54:21

Speed: 8.95 km/h
Running performance: 6:39 min/km

Rank in course/Total: 342 (of 426)

Rank in course/Women: 35 (of 55)

Best time in course: 2:09:06

Rank in category: 7(of 14)

Best time in the category: 2:23:23

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
Loddenke	3.30	20:50	6:18	8	3:15	37	5:25	3.30	20:50	6:18	7	3:15	8
Schlüsie	3.10	23:21	7:31	8	4:52	37	6:08	6.40	44:11	6:54	7	8:07	8
Hermannsklippe	2.60	21:25	8:14	9	4:13	41	5:48	9.00	1:05:36	7:17	7	12:20	8
Brocken	3.10	34:48	11:13	9	6:26	41	10:19	12.10	1:40:24	8:17	7	18:46	8
Eiserner Handwe	3.60	21:25	5:56	10	4:09	41	6:45	15.70	2:01:49	7:45	7	22:55	8
Schlüsie	4.10	20:07	4:54	8	4:01	37	5:45	19.80	2:21:56	7:10	7	26:56	8
Loddenke	3.10	15:35	5:01	7	2:30	32	6:15	22.90	2:37:31	6:52	7	29:26	8
Ilseburg/Markt	3.30	16:50	5:06	6	1:32	26	3:21	26.20	2:54:21	6:39	7	30:58	35 45:15