



42. Brockenlauf  
Ilseburg / 01.09.2012

Detailed evaluation

Holst, Claudia

Club: Grün-Weiß Hohendodeleben  
Number: 584

Course: 3.90 km  
Einsteigerlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 22:54

Speed: 7.86 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 20 (of 25)

Rank in course/Women: 7 (of 7)

Best time in course: 18:21

Rank in category: 1(of 1)

Best time in the category: 22:54

Intermediate times

Stage score

Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                   |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Prinzess Ilse Que | 1.90        | 11:43         | 6:10            | 1           | -              | 6            | 2:05            | 1.90          | 11:43         | 6:10            | 1           | -              | 6            | 1:56            |
| Ilseburg/Markt    | 2.00        | 11:11         | 5:35            | 1           | -              | 7            | 2:37            | 3.90          | 22:54         | 5:52            | 1           | -              | 7            | 4:33            |