



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: 10.22 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 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	Behind 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