



41. Brockenlauf, 21. Ilsesteinlauf  
 Ilsenburg / 03.09.2011

Detailed evaluation

Lenger, Nina

Club: Dettum  
 Number: 1016

Course: 9.60 km  
 Ilsestein-Walking

Category:  
 Walking Frauen

Total time: 1:21:46

Speed: 6.60 km/h  
 Running performance: 8:31 min/km

Rank in course/Total: 1 (of 16)  
 Rank in course/Women: 1 (of 14)  
 Best time in course: 1:21:46

Rank in category: 1(of 14)  
 Best time in the category: 1:21:46

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
Ilsestein	4.10	37:40	9:11	1	-	1	-	4.10	37:40	9:11	1	-	1	-
Loddenke	2.20	17:43	8:03	3	0:20	3	0:20	6.30	55:23	8:47	1	-	1	-
Ilsenburg/Markt	3.30	26:23	7:59	1	-	1	-	9.60	1:21:46	8:31	1	-	1	-