



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Kabel, Diana

Club: ASV Sangerhausen  
Number: 1005

Course: 9.60 km  
Ilsestein-Walking

Category:  
Walking Frauen

Total time: 1:23:21

Speed: 6.48 km/h  
Running performance: 8:41 min/km

Rank in course/Total: 4 (of 16)  
Rank in course/Women: 3 (of 14)  
Best time in course: 1:21:46

Rank in category: 3(of 14)  
Best time in the category: 1:21:46

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | 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 |
| Ilsestein       | 4.10        | 38:38         | 9:25            | 4           | 0:58           | 4            | 0:58            | 4.10          | 38:38         | 9:25            | 2           | 0:58           | 2            | 0:58            |
| Loddenke        | 2.20        | 17:23         | 7:54            | 1           | -              | 1            | -               | 6.30          | 56:01         | 8:53            | 2           | 0:38           | 2            | 0:38            |
| Ilsenburg/Markt | 3.30        | 27:20         | 8:16            | 3           | 0:57           | 3            | 0:57            | 9.60          | 1:23:21       | 8:40            | 3           | 1:35           | 3            | 1:35            |