



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: 6.91 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 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	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