



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Röthing, Constanza

Club: ITS Ilsenburg
Number: 1013

Course: 9.60 km
Ilsestein-Walking

Category:
Walking Frauen

Total time: 1:24:07

Speed: 6.42 km/h
Running performance: 8:46 min/km

Rank in course/Total: 6 (of 16)
Rank in course/Women: 5 (of 14)
Best time in course: 1:21:46

Rank in category: 5(of 14)
Best time in the category: 1:21:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Ilsestein	4.10	38:39	9:25	5		5	0:59	4.10	38:39	9:25	4		4	0:59
Loddenke	2.20	17:48	8:05	4		4	0:25	6.30	56:27	8:57	4		4	1:04
Ilsenburg/Markt	3.30	27:40	8:23	5		5	1:17	9.60	1:24:07	8:45	5		5	2:21