



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	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	38:39	9:25	5	0:59	5	0:59	4.10	38:39	9:25	4	0:59	4	0:59
Loddenke	2.20	17:48	8:05	4	0:25	4	0:25	6.30	56:27	8:57	4	1:04	4	1:04
Ilsenburg/Markt	3.30	27:40	8:23	5	1:17	5	1:17	9.60	1:24:07	8:45	5	2:21	5	2:21