



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Marquardt, Sandra

Club: SV Rot-Weiß Abbenrode von 1891 e.V.
 Number: 1002

Course: 9.60 km
 Ilsestein-Walking

Category:
 Walking Frauen

Total time: 1:36:45

Speed: 5.95 km/h
 Running performance: 10:05 min/km

Rank in course/Total: 10 (of 16)
 Rank in course/Women: 8 (of 14)
 Best time in course: 1:21:46

Rank in category: 8(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	42:37	10:23	7	4:57	7	4:57	4.10	42:37	10:23	7	4:57	7	4:57
Loddenke	2.20	21:48	9:54	6	4:25	6	4:25	6.30	1:04:25	10:13	8	9:02	8	9:02
Ilsenburg/Markt	3.30	32:20	9:47	9	5:57	9	5:57	9.60	1:36:45	10:04	8	14:59	8	14:59