



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Eisebitt, Dana

Club: Veckenstedt
 Number: 1003

Course: 9.60 km
 Ilsestein-Walking

Category:
 Walking Frauen

Total time: 1:36:45

Speed: 5.58 km/h
 Running performance: 10:05 min/km

Rank in course/Total: 11 (of 16)
 Rank in course/Women: 9 (of 14)
 Best time in course: 1:21:46

Rank in category: 9(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	21:50	9:55	7	4:27	7	4:27	6.30	1:04:27	10:13	7	9:04	7	9:04
Ilsenburg/Markt	3.30	32:18	9:47	8	5:55	8	5:55	9.60	1:36:45	10:04	8	14:59	8	14:59