



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Holland, Monika

Club: Kneipp-Verein Ilsenburg
Number: 1007

Course: 9.60 km
Ilsestein-Walking

Category:
Walking Frauen

Total time: 1:44:20

Speed: 5.52 km/h
Running performance: 10:52 min/km

Rank in course/Total: 15 (of 16)
Rank in course/Women: 13 (of 14)

Best time in course: 1:21:46
Rank in category: 13(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	47:47	11:39	10	10:07	10	10:07	4.10	47:47	11:39	12	10:07	12	10:07
Loddenke	2.20	23:43	10:46	11	6:20	11	6:20	6.30	1:11:30	11:20	13	16:07	13	16:07
Ilsenburg/Markt	3.30	32:50	9:56	13	6:27	13	6:27	9.60	1:44:20	10:52	13	22:34	13	22:34