



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Försterling, Renate

Club: Kneipp-Verein Ilsenburg
Number: 1011

Course: 9.60 km
Ilsestein-Walking

Category:
Walking Frauen

Total time: 1:44:23

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

Rank in course/Total: 16 (of 16)

Rank in course/Women: 14 (of 14)

Best time in course: 1:21:46

Rank in category: 14(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	47:50	11:40	12	10:10	12	10:10	4.10	47:50	11:40	11	10:10	11	10:10
Loddenke	2.20	23:44	10:47	12	6:21	12	6:21	6.30	1:11:34	11:21	14	16:11	14	16:11
Ilsenburg/Markt	3.30	32:49	9:56	11	6:26	11	6:26	9.60	1:44:23	10:52	14	22:37	14	22:37