



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Damrau, Antje

Club: NSV Wernigerode
 Number: 616

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W30

Total time: 41:50

Speed: 12.91 km/h
 Running performance: 4:22 min/km

Rank in course/Total: 20 (of 149)

Rank in course/Women: 1 (of 42)

Best time in course: 41:50

Rank in category: 1(of 4)

Best time in the category: 41:50

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
Ilsestein	4.10	20:28	4:59	1	-	2	0:43	4.10	20:28	4:59	1	-	33
Loddenke	2.20	8:30	3:51	1	-	1	-	6.30	28:58	4:35	1	-	33
Ilsenburg/Markt	3.30	12:52	3:53	1	-	1	-	9.60	41:50	4:21	1	-	1