



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Brandecker, Yvonne

Club: Harz-Gebirgslauf Wernigerode

Number: 652

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 43:14

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 25 (of 149)

Rank in course/Women: 2 (of 42)

Best time in course: 41:50

Rank in category: 1(of 4)

Best time in the category: 43:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	19:45	4:49	1	-	1	-	4.10	19:45	4:49	1	-	23	
Loddenke	2.20	9:06	4:08	1	-	2	0:36	6.30	28:51	4:34	1	-	23	
Ilsenburg/Markt	3.30	14:23	4:21	1	-	3	1:31	9.60	43:14	4:30	1	-	2	1:24