



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Kattner, Mareike

Club: Lübbecker Berglöwen
 Number: 696

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W30

Total time: 46:43

Speed: 11.56 km/h
 Running performance: 4:52 min/km

Rank in course/Total: 40 (of 149)

Rank in course/Women: 3 (of 42)

Best time in course: 41:50

Rank in category: 2(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	23:51	5:49	2	3:23	3	4:06	4.10	23:51	5:49	2	3:23	24
Loddenke	2.20	9:59	4:32	2	1:29	4	1:29	6.30	33:50	5:22	2	4:52	24
Ilsenburg/Markt	3.30	12:53	3:54	2	0:01	2	0:01	9.60	46:43	4:51	2	4:53	3 4:53