



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Hackbarth, Annett

Club: SV Rot-Weiß Abbenrode von 1891 e.V.
Number: 654

Course: 9.60 km
Ilsesteinlauf

Category:
Frauen W40

Total time: 49:35

Speed: 10.89 km/h
Running performance: 5:10 min/km

Rank in course/Total: 57 (of 149)

Rank in course/Women: 4 (of 42)

Best time in course: 41:50

Rank in category: 1(of 7)

Best time in the category: 49:35

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	25:23	6:11	1	-	4	5:38	4.10	25:23	6:11	1	-	25
Loddenke	2.20	9:48	4:27	1	-	3	1:18	6.30	35:11	5:35	1	-	25
Ilsenburg/Markt	3.30	14:24	4:21	1	-	4	1:32	9.60	49:35	5:09	1	-	4 7:45