



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Wedi, Christiane

Club: LG Offenbach
 Number: 568

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W45

Total time: 50:54

Speed: 11.32 km/h
 Running performance: 5:18 min/km

Rank in course/Total: 67 (of 149)

Rank in course/Women: 5 (of 42)

Best time in course: 41:50

Rank in category: 1(of 9)

Best time in the category: 50:54

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	25:30	6:13	1	-	5	5:45	4.10	25:30	6:13	1	-	26
Loddenke	2.20	10:32	4:47	1	-	6	2:02	6.30	36:02	5:43	1	-	26
Ilsenburg/Markt	3.30	14:52	4:30	2	0:16	8	2:00	9.60	50:54	5:18	1	-	5 9:04