



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Markfeld, Elisabeth

Club: TuS Hasede
 Number: 632

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W45

Total time: 50:59

Speed: 10.59 km/h
 Running performance: 5:19 min/km

Rank in course/Total: 68 (of 149)

Rank in course/Women: 6 (of 42)

Best time in course: 41:50

Rank in category: 2(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	25:32	6:13	2	0:02	6	5:47	4.10	25:32	6:13	2	0:02	27
Loddenke	2.20	10:51	4:55	3	0:19	8	2:21	6.30	36:23	5:46	2	0:21	27
Ilsenburg/Markt	3.30	14:36	4:25	1	-	5	1:44	9.60	50:59	5:18	2	0:05	6 9:09