



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Kolde, Katharina

Club: Darlingerode
Number: 669

Course: 9.60 km
Ilsesteinlauf

Category:
Frauen W20

Total time: 51:08

Speed: 10.56 km/h
Running performance: 5:20 min/km

Rank in course/Total: 70 (of 149)

Rank in course/Women: 7 (of 42)

Best time in course: 41:50

Rank in category: 1(of 6)

Best time in the category: 51:08

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	25:55	6:19	2	0:07	8	6:10	4.10	25:55	6:19	1	-	28
Loddenke	2.20	10:30	4:46	1	-	5	2:00	6.30	36:25	5:46	1	-	28
Ilsenburg/Markt	3.30	14:43	4:27	2	0:01	7	1:51	9.60	51:08	5:19	1	-	7 9:18