



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Ebers, Beatrice

Club: König-Fitness
Number: 555

Course: 9.60 km
Ilsesteinlauf

Category:
Frauen W20

Total time: 51:29

Speed: 10.49 km/h
Running performance: 5:22 min/km

Rank in course/Total: 73 (of 149)

Rank in course/Women: 8 (of 42)

Best time in course: 41:50

Rank in category: 2(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	Behind Women
Ilsestein	4.10	25:48	6:17	1	-	7	6:03	4.10	25:48	6:17	2			29
Loddenke	2.20	10:59	4:59	2	0:29	10	2:29	6.30	36:47	5:50	2	0:22		29
Ilsenburg/Markt	3.30	14:42	4:27	1	-	6	1:50	9.60	51:29	5:21	2	0:21		8 9:39