



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Gerlach, Nicole

Club: NSV Wernigerode
 Number: 618

Course: 9.60 km
 Ilsesteinlauf

Category:
 weibliche Schüler A

Total time: 52:50

Speed: 10.90 km/h
 Running performance: 5:30 min/km

Rank in course/Total: 81 (of 149)

Rank in course/Women: 11 (of 42)

Best time in course: 41:50

Rank in category: 2(of 3)

Best time in the category: 52:00

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	25:57	6:19	1	-	9	6:12	4.10	25:57	6:19	2	-	32
Loddenke	2.20	11:05	5:02	2	0:01	13	2:35	6.30	37:02	5:52	1	-	30
Ilsenburg/Markt	3.30	15:48	4:47	2	0:50	11	2:56	9.60	52:50	5:30	2	0:50	11 11:00