



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ungethüm, Ute

Club: SV Lok Blankenburg 1949 e.V.

Number: 630

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 54:15

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 84 (of 149)

Rank in course/Women: 13 (of 42)

Best time in course: 41:50

Rank in category: 3(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	Behind Women
Ilsestein	4.10	27:22	6:40	3	1:52	13	7:37	4.10	27:22	6:40	3	1:52	34	
Loddenke	2.20	10:45	4:53	2	0:13	7	2:15	6.30	38:07	6:03	3	2:05	34	
Ilsenburg/Markt	3.30	16:08	4:53	3	1:32	13	3:16	9.60	54:15	5:39	3	3:21	13	12:25