



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Bedemann, Anke

Club: Ziltendorfer Rennmäuse

Number: 597

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 56:02

Speed: 9.64 km/h

Running performance: 5:50 min/km

Rank in course/Total: 89 (of 149)

Rank in course/Women: 14 (of 42)

Best time in course: 41:50

Rank in category: 3(of 7)

Best time in the category: 49:35

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	28:11	6:52	3	2:48	16	8:26	4.10	28:11	6:52	3	2:48	35	
Loddenke	2.20	11:42	5:19	3	1:54	16	3:12	6.30	39:53	6:19	3	4:42	35	
Ilsenburg/Markt	3.30	16:09	4:53	3	1:45	14	3:17	9.60	56:02	5:50	3	6:27	14	14:12