



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Zipper, Karin

Club: SV Sparkasse Hannover

Number: 574

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 56:16

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 91 (of 149)

Rank in course/Women: 15 (of 42)

Best time in course: 41:50

Rank in category: 4(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
Ilsestein	4.10	27:49	6:47	4	2:19	14	8:04	4.10	27:49	6:47	4	2:19	36
Loddenke	2.20	11:56	5:25	4	1:24	21	3:26	6.30	39:45	6:18	4	3:43	36
Ilsenburg/Markt	3.30	16:31	5:00	4	1:55	16	3:39	9.60	56:16	5:51	4	5:22	15 14:26