



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Breithaupt, Christel

Club: Bad Segeberg

Number: 551

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W55

Total time: 56:29

Speed: 9.56 km/h

Running performance: 5:53 min/km

Rank in course/Total: 92 (of 149)

Rank in course/Women: 16 (of 42)

Best time in course: 41:50

Rank in category: 1(of 5)

Best time in the category: 56:29

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	27:57	6:49	1	-	15	8:12	4.10	27:57	6:49	1	-	37
Loddenke	2.20	11:57	5:25	4	0:24	22	3:27	6.30	39:54	6:19	1	-	37
Ilsenburg/Markt	3.30	16:35	5:01	1	-	17	3:43	9.60	56:29	5:53	1	-	16 14:39