



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Hertel, Grit

Club: Eisenhüttenstadt  
Number: 554

Course: 9.60 km  
Ilsesteinlauf

Category:  
Frauen W45

Total time: 58:40

Speed: 9.82 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 102 (of 149)

Rank in course/Women: 17 (of 42)

Best time in course: 41:50

Rank in category: 5(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	29:32	7:12	5	4:02	17	9:47	4.10	29:32	7:12	5	4:02	38
Loddenke	2.20	11:59	5:26	5	1:27	23	3:29	6.30	41:31	6:35	5	5:29	38
Ilsenburg/Markt	3.30	17:09	5:11	6	2:33	22	4:17	9.60	58:40	6:06	5	7:46	17 16:50