



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Freistedt, Sarah

Club: HSG Rückmansdorf
 Number: 698

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W20

Total time: 58:58

Speed: 9.16 km/h
 Running performance: 6:08 min/km

Rank in course/Total: 104 (of 149)

Rank in course/Women: 18 (of 42)

Best time in course: 41:50

Rank in category: 3(of 6)

Best time in the category: 51:08

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	30:03	7:19	3	4:15	18	10:18	4.10	30:03	7:19	3	4:08	39
Loddenke	2.20	11:51	5:23	3	1:21	20	3:21	6.30	41:54	6:39	3	5:29	39
Ilsenburg/Markt	3.30	17:04	5:10	4	2:22	20	4:12	9.60	58:58	6:08	3	7:50	18 17:08