



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Lindemann-Hackmann, Gitta

Club: MSV Eintracht Halberstadt
 Number: 644

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W55

Total time: 59:01

Speed: 9.15 km/h
 Running performance: 6:09 min/km

Rank in course/Total: 105 (of 149)

Rank in course/Women: 19 (of 42)

Best time in course: 41:50

Rank in category: 2 (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	30:09	7:21	2	2:12	19	10:24	4.10	30:09	7:21	2	2:12	40
Loddenke	2.20	11:45	5:20	2	0:12	17	3:15	6.30	41:54	6:39	2	2:00	39
Ilsenburg/Markt	3.30	17:07	5:11	2	0:32	21	4:15	9.60	59:01	6:08	2	2:32	19