



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Bonitz, Saskia

Club: Osterode am Harz

Number: 629

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W30

Total time: 59:28

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course/Total: 108 (of 149)

Rank in course/Women: 20 (of 42)

Best time in course: 41:50

Rank in category: 3(of 4)

Best time in the category: 41:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	30:28	7:25	3	10:00	21	10:43	4.10	30:28	7:25	3	10:00	41	
Loddenke	2.20	11:47	5:21	3	3:17	19	3:17	6.30	42:15	6:42	3	13:17	41	
Ilsenburg/Markt	3.30	17:13	5:13	3	4:21	23	4:21	9.60	59:28	6:11	3	17:38	20	17:38