



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Petersohn, Helga

Club: MSV Eintracht Halberstadt

Number: 586

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W55

Total time: 1:00:07

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 110 (of 149)

Rank in course/Women: 21 (of 42)

Best time in course: 41:50

Rank in category: 3(of 5)

Best time in the category: 56:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	30:27	7:25	3	2:30	20	10:42	4.10	30:27	7:25	3	2:30	42	
Loddenke	2.20	11:45	5:20	2	0:12	17	3:15	6.30	42:12	6:41	3	2:18	42	
Ilsenburg/Markt	3.30	17:55	5:25	3	1:20	27	5:03	9.60	1:00:07	6:15	3	3:38	21	18:17