



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Sommerschuh, Petra

Club: ESV 49 Angermünde -Die Lokvögel-
 Number: 559

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W40

Total time: 1:00:12

Speed: 8.97 km/h
 Running performance: 6:16 min/km

Rank in course/Total: 111 (of 149)

Rank in course/Women: 22 (of 42)

Best time in course: 41:50

Rank in category: 4(of 7)

Best time in the category: 49:35

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	31:48	7:45	5	6:25	28	12:03	4.10	31:48	7:45	4	6:25	12
Loddenke	2.20	12:05	5:29	4	2:17	27	3:35	6.30	43:53	6:57	4	8:42	12
Ilsenburg/Markt	3.30	16:19	4:56	4	1:55	15	3:27	9.60	1:00:12	6:16	4	10:37	22 18:22