



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Blabusch, Sabine

Club: BALLESTEDT

Number: 624

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 1:00:23

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 114 (of 149)

Rank in course/Women: 23 (of 42)

Best time in course: 41:50

Rank in category: 6(of 9)

Best time in the category: 50:54

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	30:50	7:31	6	5:20	24	11:05	4.10	30:50	7:31	6	5:20	2	
Loddenke	2.20	12:34	5:42	7	2:02	31	4:04	6.30	43:24	6:53	6	7:22	2	
Ilsenburg/Markt	3.30	16:59	5:08	5	2:23	19	4:07	9.60	1:00:23	6:17	6	9:29	23	18:33