



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Rieger, Marén

Club: SV Prießnitz e.V.

Number: 563

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W35

Total time: 1:00:42

Speed: 8.90 km/h

Running performance: 6:19 min/km

Rank in course/Total: 118 (of 149)

Rank in course/Women: 24 (of 42)

Best time in course: 41:50

Rank in category: 3(of 4)

Best time in the category: 43:14

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	Behind Women
Ilsestein	4.10	30:30	7:26	3	10:45	22	10:45	4.10	30:30	7:26	3	10:45	3	
Loddenke	2.20	12:42	5:46	4	3:36	32	4:12	6.30	43:12	6:51	3	14:21	3	
Ilsenburg/Markt	3.30	17:30	5:18	3	3:07	24	4:38	9.60	1:00:42	6:19	3	17:28	24	18:52