



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Meier, Josephine

Club: NIX tun kann JEDER
 Number: 633

Course: 9.60 km
 Ilsesteinlauf

Category:
 weibliche Schüler A

Total time: 1:01:01

Speed: 8.85 km/h
 Running performance: 6:22 min/km

Rank in course/Total: 121 (of 149)

Rank in course/Women: 26 (of 42)

Best time in course: 41:50

Rank in category: 3(of 3)

Best time in the category: 52:00

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	31:36	7:42	3	5:39	27	11:51	4.10	31:36	7:42	3	5:38	4
Loddenke	2.20	11:39	5:17	3	0:35	15	3:09	6.30	43:15	6:51	3	6:13	4
Ilsenburg/Markt	3.30	17:46	5:23	3	2:48	26	4:54	9.60	1:01:01	6:21	3	9:01	26 19:11