



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Hildebrandt, Irina

Club: Musikexpress Abbenrode

Number: 694

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:00:59

Speed: 8.85 km/h

Running performance: 6:21 min/km

Rank in course/Total: 120 (of 149)

Rank in course/Women: 25 (of 42)

Best time in course: 41:50

Rank in category: 5 (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	30:51	7:31	4	5:28	25	11:06	4.10	30:51	7:31	5	5:28	5
Loddenke	2.20	12:29	5:40	6	2:41	30	3:59	6.30	43:20	6:52	5	8:09	5
Ilsenburg/Markt	3.30	17:39	5:20	5	3:15	25	4:47	9.60	1:00:59	6:21	5	11:24	25 19:09