



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ullrich, Anett

Club: Hamburg

Number: 661

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W20

Total time: 1:01:55

Speed: 8.72 km/h

Running performance: 6:27 min/km

Rank in course/Total: 123 (of 149)

Rank in course/Women: 28 (of 42)

Best time in course: 41:50

Rank in category: 4(of 6)

Best time in the category: 51:08

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	32:55	8:01	5	7:07	33	13:10	4.10	32:55	8:01	4	7:00	7	0:48
Loddenke	2.20	12:04	5:29	4	1:34	26	3:34	6.30	44:59	7:08	4	8:34	7	
Ilsenburg/Markt	3.30	16:56	5:07	3	2:14	18	4:04	9.60	1:01:55	6:26	4	10:47	28	20:05