



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Christensen, Heike

Club: LCB Laufclub Burgwedel

Number: 578

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W55

Total time: 1:02:05

Speed: 8.70 km/h

Running performance: 6:28 min/km

Rank in course/Total: 125 (of 149)

Rank in course/Women: 29 (of 42)

Best time in course: 41:50

Rank in category: 4(of 5)

Best time in the category: 56:29

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	32:26	7:54	4	4:29	30	12:41	4.10	32:26	7:54	4	4:29	8	0:19
Loddenke	2.20	11:33	5:15	1	-	14	3:03	6.30	43:59	6:58	4	4:05	8	
Ilsenburg/Markt	3.30	18:06	5:29	4	1:31	28	5:14	9.60	1:02:05	6:28	4	5:36	29	20:15