



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Manier, Petra

Club: Musikexpress Abbenrode

Number: 693

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W50

Total time: 1:02:17

Speed: 8.67 km/h

Running performance: 6:29 min/km

Rank in course/Total: 127 (of 149)

Rank in course/Women: 30 (of 42)

Best time in course: 41:50

Rank in category: 1(of 2)

Best time in the category: 1:02:17

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Ilsestein	4.10	31:12	7:36	1	-	26	11:27	4.10	31:12	7:36	1	-	9	
Loddenke	2.20	12:19	5:35	1	-	29	3:49	6.30	43:31	6:54	1	-	9	
Ilsenburg/Markt	3.30	18:46	5:41	1	-	31	5:54	9.60	1:02:17	6:29	1	-	30	20:27