



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Wartmann, Kristina

Club: Physioteam Wernigerode

Number: 601

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:02:59

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 131 (of 149)

Rank in course/Women: 31 (of 42)

Best time in course: 41:50

Rank in category: 6(of 7)

Best time in the category: 49:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						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	6	7:03	30	12:41	4.10	32:26	7:54	6	7:03	8	0:19
Loddenke	2.20	12:14	5:33	5	2:26	28	3:44	6.30	44:40	7:05	6	9:29	10	
Ilsenburg/Markt	3.30	18:19	5:33	6	3:55	29	5:27	9.60	1:02:59	6:33	6	13:24	31	21:09