



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Nagel, Julia

Total time: 1:04:02

Number: 646

Speed: 8.43 km/h

Running performance: 6:40 min/km

Course: 9.60 km

Rank in course/Total: 133 (of 149)

Ilsesteinlauf

Rank in course/Women: 32 (of 42)

Best time in course: 41:50

Category:

Rank in category: 4(of 4)

Frauen W30

Best time in the category: 41:50

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	11:58	30	12:41	4.10	32:26	7:54	4	11:58	8	0:19
Loddenke	2.20	12:42	5:46	4	4:12	32	4:12	6.30	45:08	7:09	4	16:10	1	-
Ilsenburg/Markt	3.30	18:54	5:43	4	6:02	32	6:02	9.60	1:04:02	6:40	4	22:12	32	22:12