



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

Weißenberger, Sandra

Number: 557

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W20

Total time: 1:04:15

Speed: 8.40 km/h

Running performance: 6:41 min/km

Rank in course/Total: 134 (of 149)

Rank in course/Women: 33 (of 42)

Best time in course: 41:50

Rank in category: 5(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	32:07	7:50	4	6:19	29	12:22	4.10	32:07	7:50	5	6:12	1	-
Loddenke	2.20	13:01	5:55	5	2:31	34	4:31	6.30	45:08	7:09	5	8:43	1	-
Ilsenburg/Markt	3.30	19:07	5:47	6	4:25	37	6:15	9.60	1:04:15	6:41	5	13:07	33	22:25