



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Hellerling, Antje

Club: Drübeck

Number: 660

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 1:04:42

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 135 (of 149)

Rank in course/Women: 34 (of 42)

Best time in course: 41:50

Rank in category: 7(of 9)

Best time in the category: 50:54

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	33:39	8:12	8	8:09	35	13:54	4.10	33:39	8:12	7	8:09	13	1:32
Loddenke	2.20	12:01	5:27	6	1:29	25	3:31	6.30	45:40	7:14	7	9:38	13	0:32
Ilsenburg/Markt	3.30	19:02	5:46	7	4:26	36	6:10	9.60	1:04:42	6:44	7	13:48	34	22:52