



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Schröer, Kerstin

Club: Querfurt OT Lodersleben

Number: 581

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W45

Total time: 1:06:11

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 137 (of 149)

Rank in course/Women: 35 (of 42)

Best time in course: 41:50

Rank in category: 8(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	33:14	8:06	7	7:44	34	13:29	4.10	33:14	8:06	8	7:44	14	1:07
Loddenke	2.20	13:43	6:14	8	3:11	37	5:13	6.30	46:57	7:27	8	10:55	14	1:49
Ilsenburg/Markt	3.30	19:14	5:49	8	4:38	38	6:22	9.60	1:06:11	6:53	8	15:17	35	24:21