



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Schneider, Heidemarie

Club: MTV 48 Hildesheim
 Number: 689

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W55

Total time: 1:06:34

Speed: 8.11 km/h
 Running performance: 6:56 min/km

Rank in course/Total: 139 (of 149)

Rank in course/Women: 36 (of 42)

Best time in course: 41:50

Rank in category: 5(of 5)

Best time in the category: 56:29

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	33:47	8:14	5	5:50	38	14:02	4.10	33:47	8:14	5	5:50	15	1:40
Loddenke	2.20	13:49	6:16	5	2:16	38	5:19	6.30	47:36	7:33	5	7:42	15	2:28
Ilsenburg/Markt	3.30	18:58	5:44	5	2:23	35	6:06	9.60	1:06:34	6:56	5	10:05	36	24:44