



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Reinecke, Kathrin

Club: Ilsenburg

Number: 564

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W40

Total time: 1:09:57

Speed: 7.72 km/h

Running performance: 7:17 min/km

Rank in course/Total: 146 (of 149)

Rank in course/Women: 40 (of 42)

Best time in course: 41:50

Rank in category: 7(of 7)

Best time in the category: 49:35

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	33:42	8:13	7	8:19	37	13:57	4.10	33:42	8:13	7	8:19	19	1:35
Loddenke	2.20	14:46	6:42	7	4:58	41	6:16	6.30	48:28	7:41	7	13:17	19	3:20
Ilsenburg/Markt	3.30	21:29	6:30	7	7:05	42	8:37	9.60	1:09:57	7:17	7	20:22	40	28:07