



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Hentsch, Anne-Kathrin

Club: SV Hermsdorf
 Number: 565

Course: 9.60 km
 Ilsesteinlauf

Category:
 Frauen W45

Total time: 1:10:43

Speed: 7.64 km/h
 Running performance: 7:22 min/km

Rank in course/Total: 147 (of 149)

Rank in course/Women: 41 (of 42)

Best time in course: 41:50

Rank in category: 9(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	35:50	8:44	9	10:20	41	16:05	4.10	35:50	8:44	9	10:20	20	3:43
Loddenke	2.20	14:19	6:30	9	3:47	39	5:49	6.30	50:09	7:57	9	14:07	20	5:01
Ilsenburg/Markt	3.30	20:34	6:13	9	5:58	40	7:42	9.60	1:10:43	7:21	9	19:49	41	28:53