



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ryll, Ingrid

Club: Hettstedt

Number: 588

Course: 9.60 km

Ilsesteinlauf

Category:

Frauen W65

Total time: 1:11:38

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 148 (of 149)

Rank in course/Women: 42 (of 42)

Best time in course: 41:50

Rank in category: 1(of 1)

Best time in the category: 1:11:38

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	36:36	8:55	1	-	42	16:51	4.10	36:36	8:55	1	-	21	4:29
Loddenke	2.20	14:24	6:32	1	-	40	5:54	6.30	51:00	8:05	1	-	21	5:52
Ilsenburg/Markt	3.30	20:38	6:15	1	-	41	7:46	9.60	1:11:38	7:27	1	-	42	29:48