



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Bornhütter, Nicole

Club: Spiridon Frankfurt
Number: 329

Course: 26.20 km
Brockenlauf

Category:
Frauen W40

Total time: 2:14:31

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 44 (of 370)

Rank in course/Women: 2 (of 53)

Best time in course: 2:03:07

Rank in category: 1(of 11)

Best time in the category: 2:14:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	18:12	5:30	3	1:07	12	3:53	3.30	18:12	5:30	1	-	29	
Schlüsie	3.10	18:17	5:53	1	-	3	2:14	6.40	36:29	5:42	1	-	29	
Hermannsklippe	2.60	15:30	5:57	1	-	3	2:12	9.00	51:59	5:46	1	-	29	
Brocken	3.10	24:14	7:49	1	-	2	1:48	12.10	1:16:13	6:17	1	-	28	
Eiserner Handwe	3.60	15:54	4:25	1	-	2	0:16	15.70	1:32:07	5:52	1	-	29	
Schlüsie	4.00	15:18	3:49	1	-	4	0:26	19.70	1:47:25	5:27	1	-	25	
Loddenke	3.20	13:09	4:06	1	-	2	0:16	22.90	2:00:34	5:15	1	-	28	
Ilseburg/Markt	3.30	13:57	4:13	1	-	3	0:19	26.20	2:14:31	5:08	1	-	2	11:24