



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Zimmermann, Silke

Club: TSV Wedel  
Number: 265

Course: 26.20 km  
Brockenlauf

Category:  
Frauen W20

Total time: 2:16:59

Speed: 11.39 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 53 (of 370)

Rank in course/Women: 3 (of 53)

Best time in course: 2:03:07

Rank in category: 1(of 5)

Best time in the category: 2:16:59

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women |
| Loddenke        | 3.30        | 16:21         | 4:57            | 2           | 0:21           | 4            | 2:02            | 3.30          | 16:21         | 4:57            | 1           | -              | 30           |
| Schlüsie        | 3.10        | 18:36         | 6:00            | 2           | 0:16           | 5            | 2:33            | 6.40          | 34:57         | 5:27            | 1           | -              | 30           |
| Hermannsklippe  | 2.60        | 15:49         | 6:04            | 1           | -              | 4            | 2:31            | 9.00          | 50:46         | 5:38            | 1           | -              | 30           |
| Brocken         | 3.10        | 26:44         | 8:37            | 2           | 0:03           | 4            | 4:18            | 12.10         | 1:17:30       | 6:24            | 1           | -              | 29           |
| Eiserner Handwe | 3.60        | 16:24         | 4:33            | 1           | -              | 4            | 0:46            | 15.70         | 1:33:54       | 5:58            | 1           | -              | 30           |
| Schlüsie        | 4.00        | 15:30         | 3:52            | 1           | -              | 5            | 0:38            | 19.70         | 1:49:24       | 5:33            | 1           | -              | 26           |
| Loddenke        | 3.20        | 13:39         | 4:15            | 1           | -              | 4            | 0:46            | 22.90         | 2:03:03       | 5:22            | 1           | -              | 29           |
| Ilseburg/Markt  | 3.30        | 13:56         | 4:13            | 1           | -              | 2            | 0:18            | 26.20         | 2:16:59       | 5:13            | 1           | -              | 3 13:52      |