



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: 11.48 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 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	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