



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Seidel, Susanne

Club: FI Sport
Number: 168

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:23:52

Speed: 10.84 km/h
Running performance: 5:29 min/km

Rank in course/Total: 82 (of 370)

Rank in course/Women: 6 (of 53)

Best time in course: 2:03:07

Rank in category: 1(of 14)

Best time in the category: 2:23:52

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
Loddenke	3.30	17:46	5:23	2	0:13	7	3:27	3.30	17:46	5:23	1	-	33
Schlüsie	3.10	19:20	6:14	1	-	6	3:17	6.40	37:06	5:47	1	-	33
Hermannsklippe	2.60	16:28	6:19	1	-	6	3:10	9.00	53:34	5:57	1	-	33
Brocken	3.10	27:42	8:56	1	-	6	5:16	12.10	1:21:16	6:42	1	-	32
Eiserner Handwe	3.60	17:39	4:54	2	0:03	7	2:01	15.70	1:38:55	6:18	1	-	33
Schlüsie	4.00	15:45	3:56	2	0:29	7	0:53	19.70	1:54:40	5:49	1	-	29
Loddenke	3.20	13:59	4:22	2	0:02	6	1:06	22.90	2:08:39	5:37	1	-	32
Ilseburg/Markt	3.30	15:13	4:36	2	0:36	7	1:35	26.20	2:23:52	5:29	1	-	6 20:45