



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Geske, Mandy

Club: VLV Oberzwota
Number: 285

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:25:57

Speed: 10.77 km/h
Running performance: 5:34 min/km

Rank in course/Total: 88 (of 370)

Rank in course/Women: 7 (of 53)

Best time in course: 2:03:07

Rank in category: 2(of 14)

Best time in the category: 2:23:52

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	17:48	5:23	3	0:15	9	3:29	3.30	17:48	5:23	2	0:02	34	
Schlüsie	3.10	19:38	6:19	2	0:18	10	3:35	6.40	37:26	5:50	2	0:20	34	
Hermannsklippe	2.60	18:27	7:05	7	1:59	21	5:09	9.00	55:53	6:12	2	2:19	34	
Brocken	3.10	28:38	9:14	3	0:56	9	6:12	12.10	1:24:31	6:59	2	3:15	33	
Eiserner Handwe	3.60	17:36	4:53	1	-	6	1:58	15.70	1:42:07	6:30	2	3:12	34	
Schlüsie	4.00	15:16	3:49	1	-	3	0:24	19.70	1:57:23	5:57	2	2:43	30	
Loddenke	3.20	13:57	4:21	1	-	5	1:04	22.90	2:11:20	5:44	2	2:41	33	
Ilsenburg/Markt	3.30	14:37	4:25	1	-	4	0:59	26.20	2:25:57	5:34	2	2:05	7	22:50