



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

von Iven, Katrin

Club: LSG Ascania Aschersleben

Number: 226

Course: 26.20 km

Brockenlauf

Category:

Frauen W40

Total time: 2:27:51

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 98 (of 370)

Rank in course/Women: 9 (of 53)

Best time in course: 2:03:07

Rank in category: 2(of 11)

Best time in the category: 2:14:31

### 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     | 18:18      | 5:32         | 4           | 1:13        | 13        | 3:59         | 3.30          | 18:18      | 5:32         | 2        | 0:06        | 36        |
| Schlüsie        | 3.10     | 20:09      | 6:29         | 3           | 1:52        | 12        | 4:06         | 6.40          | 38:27      | 6:00         | 2        | 1:58        | 36        |
| Hermannsklippe  | 2.60     | 17:03      | 6:33         | 2           | 1:33        | 8         | 3:45         | 9.00          | 55:30      | 6:10         | 2        | 3:31        | 36        |
| Brocken         | 3.10     | 29:25      | 9:29         | 3           | 5:11        | 13        | 6:59         | 12.10         | 1:24:55    | 7:01         | 2        | 8:42        | 35        |
| Eiserner Handwe | 3.60     | 18:21      | 5:05         | 4           | 2:27        | 13        | 2:43         | 15.70         | 1:43:16    | 6:34         | 2        | 11:09       | 36        |
| Schlüsie        | 4.00     | 15:56      | 3:59         | 2           | 0:38        | 8         | 1:04         | 19.70         | 1:59:12    | 6:03         | 2        | 11:47       | 32        |
| Loddenke        | 3.20     | 13:37      | 4:15         | 2           | 0:28        | 3         | 0:44         | 22.90         | 2:12:49    | 5:47         | 2        | 12:15       | 35        |
| Ilseburg/Markt  | 3.30     | 15:02      | 4:33         | 2           | 1:05        | 6         | 1:24         | 26.20         | 2:27:51    | 5:38         | 2        | 13:20       | 9 24:44   |