



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Frey, Marina

Club: WSV Clausthal-Zellerfeld  
Number: 134

Course: 26.20 km  
Brockenlauf

Category:  
Frauen W30

Total time: 2:28:24

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 105 (of 370)

Rank in course/Women: 10 (of 53)

Best time in course: 2:03:07

Rank in category: 2(of 7)

Best time in the category: 2:03:07

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	3:27	7	3:27	3.30	17:46	5:23	2	3:27	33
Schlüsie	3.10	19:20	6:14	2	3:17	6	3:17	6.40	37:06	5:47	2	6:44	33
Hermannsklippe	2.60	17:04	6:33	2	3:46	9	3:46	9.00	54:10	6:01	2	10:30	37
Brocken	3.10	28:41	9:15	3	6:15	10	6:15	12.10	1:22:51	6:50	2	16:45	36
Eiserner Handwe	3.60	17:27	4:50	2	1:49	5	1:49	15.70	1:40:18	6:23	2	18:34	37
Schlüsie	4.00	18:33	4:38	5	3:41	21	3:41	19.70	1:58:51	6:01	2	22:15	33
Loddenke	3.20	14:56	4:39	2	2:03	11	2:03	22.90	2:13:47	5:50	2	24:18	36
Ilseburg/Markt	3.30	14:37	4:25	2	0:59	4	0:59	26.20	2:28:24	5:39	2	25:17	10 25:17