



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Mahnkopf, Maïke

Club: LG Volkersheim

Number: 180

Course: 26.20 km

Brockenlauf

Category:

Frauen W40

Total time: 2:28:39

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 109 (of 370)

Rank in course/Women: 11 (of 53)

Best time in course: 2:03:07

Rank in category: 3(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	Behind Women
Loddenke	3.30	17:05	5:10	1	-	5	2:46	3.30	17:05	5:10	3		38	
Schlüsie	3.10	19:27	6:16	2	1:10	9	3:24	6.40	36:32	5:42	3	0:03	38	
Hermannsklippe	2.60	17:28	6:43	4	1:58	12	4:10	9.00	54:00	6:00	3	2:01	38	
Brocken	3.10	29:37	9:33	4	5:23	15	7:11	12.10	1:23:37	6:54	3	7:24	37	
Eiserner Handwe	3.60	18:00	5:00	2	2:06	9	2:22	15.70	1:41:37	6:28	3	9:30	38	
Schlüsie	4.00	17:24	4:20	4	2:06	13	2:32	19.70	1:59:01	6:02	3	11:36	34	
Loddenke	3.20	14:21	4:29	3	1:12	7	1:28	22.90	2:13:22	5:49	3	12:48	37	
Ilseburg/Markt	3.30	15:17	4:37	3	1:20	8	1:39	26.20	2:28:39	5:40	3	14:08	11	25:32