



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Mahnkopf, Maike

Club: LG Volkersheim
Number: 180

Course: 26.20 km
Brockenlauf

Category:
Frauen W40

Total time: 2:28:39

Speed: 10.49 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 |