



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Pape, Ute

Club: Dasseler SC
Number: 300

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:30:57

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 115 (of 370)

Rank in course/Women: 12 (of 53)

Best time in course: 2:03:07

Rank in category: 3(of 14)

Best time in the category: 2:23:52

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	17:33	5:19	1	-	6	3:14	3.30	17:33	5:19	3		39	
Schlüsie	3.10	20:06	6:29	3	0:46	11	4:03	6.40	37:39	5:52	3	0:33	39	
Hermannsklippe	2.60	17:34	6:45	3	1:06	13	4:16	9.00	55:13	6:08	3	1:39	39	
Brocken	3.10	29:42	9:34	4	2:00	16	7:16	12.10	1:24:55	7:01	3	3:39	35	
Eiserner Handwe	3.60	18:14	5:03	3	0:38	12	2:36	15.70	1:43:09	6:34	3	4:14	39	
Schlüsie	4.00	16:08	4:01	3	0:52	9	1:16	19.70	1:59:17	6:03	3	4:37	24	
Loddenke	3.20	14:49	4:37	3	0:52	10	1:56	22.90	2:14:06	5:51	3	5:27	38	
Ilseburg/Markt	3.30	16:51	5:06	8	2:14	21	3:13	26.20	2:30:57	5:45	3	7:05	12	27:50