



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Stucke, Heidrun

Club: Hemmingen
Number: 99

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:34:03

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 125 (of 370)

Rank in course/Women: 13 (of 53)

Best time in course: 2:03:07

Rank in category: 4(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	19:29	5:54	5	1:56	18	5:10	3.30	19:29	5:54	4	1:43	40	
Schlüsie	3.10	20:22	6:34	4	1:02	14	4:19	6.40	39:51	6:13	4	2:45	40	
Hermannsklippe	2.60	17:16	6:38	2	0:48	10	3:58	9.00	57:07	6:20	4	3:33	40	
Brocken	3.10	28:02	9:02	2	0:20	7	5:36	12.10	1:25:09	7:02	4	3:53	39	
Eiserner Handwe	3.60	19:49	5:30	4	2:13	19	4:11	15.70	1:44:58	6:41	4	6:03	40	
Schlüsie	4.00	18:05	4:31	4	2:49	17	3:13	19.70	2:03:03	6:14	4	8:23	36	
Loddenke	3.20	15:15	4:45	4	1:18	13	2:22	22.90	2:18:18	6:02	4	9:39	39	
Ilseburg/Markt	3.30	15:45	4:46	3	1:08	13	2:07	26.20	2:34:03	5:52	4	10:11	13	30:56