



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kreibohm, Sabrina

Club: MTV Goslar
Number: 171

Course: 26.20 km
Brockenlauf

Category:
Frauen W30

Total time: 2:39:55

Speed: 9.76 km/h
Running performance: 6:06 min/km

Rank in course/Total: 163 (of 370)

Rank in course/Women: 17 (of 53)

Best time in course: 2:03:07

Rank in category: 4(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	20:05	6:05	4	5:46	24	5:46	3.30	20:05	6:05	4	5:46	44
Schlüsie	3.10	21:05	6:48	3	5:02	17	5:02	6.40	41:10	6:25	4	10:48	44
Hermannsklippe	2.60	18:05	6:57	4	4:47	18	4:47	9.00	59:15	6:34	4	15:35	44
Brocken	3.10	32:07	10:21	6	9:41	24	9:41	12.10	1:31:22	7:33	4	25:16	43
Eiserner Handwe	3.60	19:02	5:17	4	3:24	15	3:24	15.70	1:50:24	7:01	4	28:40	44
Schlüsie	4.00	17:38	4:24	4	2:46	15	2:46	19.70	2:08:02	6:29	4	31:26	40
Loddenke	3.20	15:15	4:45	3	2:22	13	2:22	22.90	2:23:17	6:15	4	33:48	43
Ilseburg/Markt	3.30	16:38	5:02	3	3:00	17	3:00	26.20	2:39:55	6:06	4	36:48	17 36:48