



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Franke, Elke

Club: LV 98 Altstadt Nordhausen
Number: 369

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:42:10

Speed: 9.62 km/h
Running performance: 6:11 min/km

Rank in course/Total: 172 (of 370)

Rank in course/Women: 20 (of 53)

Best time in course: 2:03:07

Rank in category: 5(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	19:43	5:58	7	2:10	21	5:24	3.30	19:43	5:58	5	1:57	47	
Schlüsie	3.10	21:10	6:49	5	1:50	18	5:07	6.40	40:53	6:23	5	3:47	47	
Hermannsklippe	2.60	18:21	7:03	5	1:53	19	5:03	9.00	59:14	6:34	5	5:40	47	
Brocken	3.10	31:34	10:10	6	3:52	22	9:08	12.10	1:30:48	7:30	5	9:32	46	
Eiserner Handwe	3.60	20:59	5:49	7	3:23	26	5:21	15.70	1:51:47	7:07	5	12:52	47	
Schlüsie	4.00	18:24	4:35	6	3:08	19	3:32	19.70	2:10:11	6:36	5	15:31	43	
Loddenke	3.20	15:16	4:46	5	1:19	15	2:23	22.90	2:25:27	6:21	5	16:48	46	
Ilseburg/Markt	3.30	16:43	5:03	7	2:06	19	3:05	26.20	2:42:10	6:11	5	18:18	20	39:03