



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Post, Cornelia

Club: Rodenberg
Number: 196

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:44:03

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 188 (of 370)

Rank in course/Women: 21 (of 53)

Best time in course: 2:03:07

Rank in category: 6(of 14)

Best time in the category: 2:23:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	21:44	6:35	10	4:11	34	7:25	3.30	21:44	6:35	6	3:58	48	
Schlüsie	3.10	21:19	6:52	7	1:59	21	5:16	6.40	43:03	6:43	6	5:57	48	
Hermannsklippe	2.60	18:04	6:56	4	1:36	17	4:46	9.00	1:01:07	6:47	6	7:33	48	
Brocken	3.10	30:52	9:57	5	3:10	19	8:26	12.10	1:31:59	7:36	6	10:43	47	
Eiserner Handwe	3.60	20:33	5:42	5	2:57	22	4:55	15.70	1:52:32	7:10	6	13:37	48	
Schlüsie	4.00	19:11	4:47	8	3:55	26	4:19	19.70	2:11:43	6:41	6	17:03	44	
Loddenke	3.20	15:56	4:58	7	1:59	23	3:03	22.90	2:27:39	6:26	6	19:00	47	
Ilseburg/Markt	3.30	16:24	4:58	5	1:47	16	2:46	26.20	2:44:03	6:15	6	20:11	21	40:56