



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Heinicke, Karola

Club: LG Osterwieck
Number: 277

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:44:35

Speed: 9.48 km/h
Running performance: 6:17 min/km

Rank in course/Total: 191 (of 370)

Rank in course/Women: 22 (of 53)

Best time in course: 2:03:07

Rank in category: 7(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	18:40	5:39	4	1:07	16	4:21	3.30	18:40	5:39	7	0:54	49	
Schlüsie	3.10	21:16	6:51	6	1:56	20	5:13	6.40	39:56	6:14	7	2:50	49	
Hermannsklippe	2.60	18:25	7:05	6	1:57	20	5:07	9.00	58:21	6:29	7	4:47	49	
Brocken	3.10	33:50	10:54	8	6:08	27	11:24	12.10	1:32:11	7:37	7	10:55	48	
Eiserner Handwe	3.60	20:38	5:43	6	3:02	24	5:00	15.70	1:52:49	7:11	7	13:54	49	
Schlüsie	4.00	18:17	4:34	5	3:01	18	3:25	19.70	2:11:06	6:39	7	16:26	45	
Loddenke	3.20	15:40	4:53	6	1:43	20	2:47	22.90	2:26:46	6:24	7	18:07	48	
Ilseburg/Markt	3.30	17:49	5:23	9	3:12	30	4:11	26.20	2:44:35	6:16	7	20:43	22	41:28