



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Rose, Karin

Club: Harzklub  
Number: 1056

Course: 26.20 km  
Brocken-Walking

Category:  
Walking Frauen

Total time: 4:33:14

Speed: 5.75 km/h  
Running performance: 10:26 min/km

Rank in course/Total: 9 (of 11)  
Rank in course/Women: 4 (of 4)  
Best time in course: 3:50:03

Rank in category: 4(of 4)  
Best time in the category: 3:50:03

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	31:35	9:34	1	-	1	-	3.30	31:35	9:34	4	-	4	-
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	1:05:18	25:06	4	6:17	4	6:17	9.00	1:36:53	10:45	4	4:36	4	4:36
Brocken	3.10	55:42	17:58	4	10:56	4	10:56	12.10	2:32:35	12:36	4	14:41	4	14:41
Eiserner Handwe	3.60	32:40	9:04	4	5:54	4	5:54	15.70	3:05:15	11:47	4	20:35	4	20:35
Schlüsie	4.00	29:38	7:24	4	6:14	4	6:14	19.70	3:34:53	10:54	4	26:49	4	26:49
Loddenke	3.20	28:35	8:55	4	7:59	4	7:59	22.90	4:03:28	10:37	4	34:48	4	34:48
Ilseburg/Markt	3.30	29:46	9:01	4	8:23	4	8:23	26.20	4:33:14	10:25	4	43:11	4	43:11