



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Trautmann, Lisa

Club: Dresden
Number: 176

Course: 26.20 km
Brockenlauf

Category:
Frauen W30

Total time: 2:51:01

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 229 (of 370)

Rank in course/Women: 26 (of 53)

Best time in course: 2:03:07

Rank in category: 6(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	20:45	6:17	5	6:26	27	6:26	3.30	20:45	6:17	6	6:26	53
Schlüsie	3.10	22:24	7:13	5	6:21	27	6:21	6.40	43:09	6:44	6	12:47	53
Hermannsklippe	2.60	19:45	7:35	5	6:27	26	6:27	9.00	1:02:54	6:59	6	19:14	53
Brocken	3.10	32:48	10:34	7	10:22	25	10:22	12.10	1:35:42	7:54	6	29:36	52
Eiserner Handwe	3.60	20:55	5:48	6	5:17	25	5:17	15.70	1:56:37	7:25	6	34:53	53
Schlüsie	4.00	18:48	4:42	6	3:56	24	3:56	19.70	2:15:25	6:52	6	38:49	4
Loddenke	3.20	18:01	5:37	6	5:08	36	5:08	22.90	2:33:26	6:42	6	43:57	52
Ilseburg/Markt	3.30	17:35	5:19	5	3:57	26	3:57	26.20	2:51:01	6:31	6	47:54	26 47:54