



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Freistedt, Ines

Club: Leipzig
Number: 84

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 2:54:27

Speed: 8.94 km/h
Running performance: 6:40 min/km

Rank in course/Total: 248 (of 370)

Rank in course/Women: 30 (of 53)

Best time in course: 2:03:07

Rank in category: 9(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
Loddenke	3.30	20:58	6:21	8	3:25	28	6:39	3.30	20:58	6:21	9	3:12	4
Schlüsie	3.10	23:31	7:35	9	4:11	30	7:28	6.40	44:29	6:57	9	7:23	4
Hermannsklippe	2.60	20:28	7:52	9	4:00	31	7:10	9.00	1:04:57	7:13	9	11:23	4
Brocken	3.10	34:56	11:16	9	7:14	32	12:30	12.10	1:39:53	8:15	9	18:37	4
Eiserner Handwe	3.60	22:10	6:09	10	4:34	34	6:32	15.70	2:02:03	7:46	9	23:08	4
Schlüsie	4.00	19:56	4:59	10	4:40	33	5:04	19.70	2:21:59	7:12	9	27:19	8
Loddenke	3.20	16:07	5:02	9	2:10	25	3:14	22.90	2:38:06	6:54	9	29:27	4
Ilseburg/Markt	3.30	16:21	4:57	4	1:44	15	2:43	26.20	2:54:27	6:39	9	30:35	30 51:20