



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Sachse, Evelyn

Club: Holle
Number: 290

Course: 26.20 km
Brockenlauf

Category:
Frauen W40

Total time: 2:55:17

Speed: 8.90 km/h
Running performance: 6:41 min/km

Rank in course/Total: 250 (of 370)

Rank in course/Women: 31 (of 53)

Best time in course: 2:03:07

Rank in category: 8(of 11)

Best time in the category: 2:14:31

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	19:22	5:52	7	2:17	17	5:03	3.30	19:22	5:52	8	1:10	5
Schlüsie	3.10	21:42	7:00	7	3:25	23	5:39	6.40	41:04	6:25	8	4:35	5
Hermannsklippe	2.60	19:58	7:40	8	4:28	28	6:40	9.00	1:01:02	6:46	8	9:03	5
Brocken	3.10	32:56	10:37	6	8:42	26	10:30	12.10	1:33:58	7:45	8	17:45	5
Eiserner Handwe	3.60	24:27	6:47	9	8:33	43	8:49	15.70	1:58:25	7:32	8	26:18	5
Schlüsie	4.00	21:19	5:19	9	6:01	41	6:27	19.70	2:19:44	7:05	8	32:19	9
Loddenke	3.20	17:44	5:32	8	4:35	34	4:51	22.90	2:37:28	6:52	8	36:54	5
Ilseburg/Markt	3.30	17:49	5:23	8	3:52	30	4:11	26.20	2:55:17	6:41	8	40:46	31 52:10