



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Pauls, Christina

Club: Hildesheim
Number: 169

Course: 26.20 km
Brockenlauf

Category:
Frauen W35

Total time: 2:55:20

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

Rank in course/Total: 251 (of 370)

Rank in course/Women: 32 (of 53)

Best time in course: 2:03:07

Rank in category: 5(of 8)

Best time in the category: 2:17:31

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 | 19:42 | 5:58 | 3 | 3:58 | 20 | 5:23 | 3.30 | 19:42 | 5:58 | 5 | 3:58 | 6 |
| Schlüsie | 3.10 | 23:17 | 7:30 | 5 | 5:16 | 29 | 7:14 | 6.40 | 42:59 | 6:42 | 5 | 9:14 | 6 |
| Hermannsklippe | 2.60 | 20:10 | 7:45 | 5 | 4:48 | 30 | 6:52 | 9.00 | 1:03:09 | 7:00 | 5 | 14:02 | 6 |
| Brocken | 3.10 | 34:05 | 10:59 | 5 | 7:20 | 28 | 11:39 | 12.10 | 1:37:14 | 8:02 | 5 | 21:22 | 6 |
| Eiserner Handwe | 3.60 | 19:52 | 5:31 | 3 | 3:38 | 20 | 4:14 | 15.70 | 1:57:06 | 7:27 | 5 | 25:00 | 6 |
| Schlüsie | 4.00 | 19:36 | 4:54 | 4 | 4:28 | 29 | 4:44 | 19.70 | 2:16:42 | 6:56 | 5 | 29:28 | 10 |
| Loddenke | 3.20 | 19:00 | 5:56 | 7 | 4:34 | 41 | 6:07 | 22.90 | 2:35:42 | 6:47 | 5 | 33:48 | 6 |
| Ilseburg/Markt | 3.30 | 19:38 | 5:56 | 6 | 4:21 | 38 | 6:00 | 26.20 | 2:55:20 | 6:41 | 5 | 37:49 | 32 52:13 |