



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: 8.97 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	Behind 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