



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Wolff, Silke

Club: Garmisch-Partenkirchen
Number: 191

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 3:06:29

Speed: 8.37 km/h
Running performance: 7:07 min/km

Rank in course/Total: 293 (of 370)

Rank in course/Women: 39 (of 53)

Best time in course: 2:03:07

Rank in category: 10(of 14)

Best time in the category: 2:23:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	21:40	6:33	9	4:07	32	7:21	3.30	21:40	6:33	10	3:54	8	
Schlüsie	3.10	24:36	7:56	10	5:16	39	8:33	6.40	46:16	7:13	10	9:10	13	
Hermannsklippe	2.60	22:08	8:30	10	5:40	41	8:50	9.00	1:08:24	7:36	10	14:50	13	
Brocken	3.10	38:53	12:32	11	11:11	45	16:27	12.10	1:47:17	8:51	10	26:01	13	1:19
Eiserner Handwe	3.60	21:44	6:02	9	4:08	31	6:06	15.70	2:09:01	8:13	10	30:06	13	
Schlüsie	4.00	19:48	4:57	9	4:32	32	4:56	19.70	2:28:49	7:33	10	34:09	17	3:53
Loddenke	3.20	18:47	5:52	12	4:50	40	5:54	22.90	2:47:36	7:19	10	38:57	13	
Ilseburg/Markt	3.30	18:53	5:43	10	4:16	36	5:15	26.20	3:06:29	7:07	10	42:37	39	1:03:22