



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