



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Seemann-Block, Ilsemarie

Club: SV Langenstein  
Number: 130

Course: 26.20 km  
Brockenlauf

Category:  
Frauen W50

Total time: 3:13:23

Speed: 8.07 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 306 (of 370)

Rank in course/Women: 40 (of 53)

Best time in course: 2:03:07

Rank in category: 4(of 4)

Best time in the category: 2:51:51

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	21:50	6:36	2	0:10	36	7:31	3.30	21:50	6:36	4		14		
Schlüsie	3.10	25:12	8:07	4	2:18	40	9:09	6.40	47:02	7:20	4	1:07	14		
Hermannsklippe	2.60	21:57	8:26	4	3:12	40	8:39	9.00	1:08:59	7:39	4	4:19	14		
Brocken	3.10	36:59	11:55	4	2:50	40	14:33	12.10	1:45:58	8:45	4	7:09	1		-
Eiserner Handwe	3.60	24:17	6:44	4	3:11	41	8:39	15.70	2:10:15	8:17	4	8:26	14		
Schlüsie	4.00	21:02	5:15	4	2:26	39	6:10	19.70	2:31:17	7:40	4	10:52	18	6:21	
Loddenke	3.20	20:43	6:28	4	5:24	44	7:50	22.90	2:52:00	7:30	4	16:16	1		-
Ilseburg/Markt	3.30	21:23	6:28	4	5:16	45	7:45	26.20	3:13:23	7:22	4	21:32	40	1:10:16	