



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Stutzkowski, Elke

Club: Lok Blankenburg
Number: 383

Course: 26.20 km
Brockenlauf

Category:
Frauen W45

Total time: 3:14:23

Speed: 8.09 km/h
Running performance: 7:25 min/km

Rank in course/Total: 311 (of 370)

Rank in course/Women: 41 (of 53)

Best time in course: 2:03:07

Rank in category: 11(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	22:50	6:55	11	5:17	43	8:31	3.30	22:50	6:55	11	5:04	1	-
Schlüsie	3.10	26:23	8:30	11	7:03	43	10:20	6.40	49:13	7:41	11	12:07	1	-
Hermannsklippe	2.60	23:11	8:54	12	6:43	45	9:53	9.00	1:12:24	8:02	11	18:50	1	-
Brocken	3.10	39:52	12:51	12	12:10	46	17:26	12.10	1:52:16	9:16	11	31:00	15	6:18
Eiserner Handwe	3.60	23:29	6:31	11	5:53	39	7:51	15.70	2:15:45	8:38	11	36:50	1	-
Schlüsie	4.00	20:23	5:05	11	5:07	37	5:31	19.70	2:36:08	7:55	11	41:28	19	11:12
Loddenke	3.20	18:27	5:45	10	4:30	38	5:34	22.90	2:54:35	7:37	11	45:56	15	2:35
Ilseburg/Markt	3.30	19:48	6:00	12	5:11	39	6:10	26.20	3:14:23	7:25	11	50:31	41	1:11:16