



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Dr. Reich, Steffi

Club: Blau Weiß Hettstedt  
Number: 237

Course: 26.20 km  
Brockenlauf

Category:  
Frauen W45

Total time: 3:15:50

Speed: 7.97 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 319 (of 370)

Rank in course/Women: 43 (of 53)

Best time in course: 2:03:07

Rank in category: 12(of 14)

Best time in the category: 2:23:52

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	23:50	7:13	12	6:17	47	9:31	3.30	23:50	7:13	12	6:04	17	1:00
Schlüsie	3.10	26:38	8:35	12	7:18	44	10:35	6.40	50:28	7:53	12	13:22	17	1:15
Hermannsklippe	2.60	23:02	8:51	11	6:34	43	9:44	9.00	1:13:30	8:09	12	19:56	17	1:06
Brocken	3.10	38:50	12:31	10	11:08	43	16:24	12.10	1:52:20	9:17	12	31:04	17	6:22
Eiserner Handwe	3.60	23:52	6:37	12	6:16	40	8:14	15.70	2:16:12	8:40	12	37:17	17	0:27
Schlüsie	4.00	21:46	5:26	12	6:30	42	6:54	19.70	2:37:58	8:01	12	43:18	21	13:02
Loddenke	3.20	18:28	5:46	11	4:31	39	5:35	22.90	2:56:26	7:42	12	47:47	17	4:26
Ilseburg/Markt	3.30	19:24	5:52	11	4:47	37	5:46	26.20	3:15:50	7:28	12	51:58	43	1:12:43