



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Wadehn, Martina

Club: Ilseburg  
Number: 44

Course: 26.20 km  
Brockenlauf

Category:  
Frauen W20

Total time: 3:27:47

Speed: 7.57 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 337 (of 370)

Rank in course/Women: 47 (of 53)

Best time in course: 2:03:07

Rank in category: 4(of 5)

Best time in the category: 2:16:59

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Loddenke	3.30	23:51	7:13	5	7:51	48	9:32	3.30	23:51	7:13	4	7:30	21	1:01
Schlüsie	3.10	27:19	8:48	5	8:59	47	11:16	6.40	51:10	7:59	4	16:13	21	1:57
Hermannsklippe	2.60	24:30	9:25	4	8:41	48	11:12	9.00	1:15:40	8:24	4	24:54	21	3:16
Brocken	3.10	40:36	13:05	5	13:55	48	18:10	12.10	1:56:16	9:36	4	38:46	21	10:18
Eiserner Handwe	3.60	24:18	6:45	3	7:54	42	8:40	15.70	2:20:34	8:57	4	46:40	21	4:49
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	45:27	14:12	4	31:48	48	32:34	22.90	3:06:01	8:07	4	1:02:58	21	14:01
Ilseburg/Markt	3.30	21:46	6:35	4	7:50	46	8:08	26.20	3:27:47	7:55	4	1:10:48	47	1:24:40