



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Adolf, Silke

Club: Blau Weiß Hettstedt
Number: 152

Course: 26.20 km
Brockenlauf

Category:
Frauen W40

Total time: 3:40:25

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 350 (of 370)

Rank in course/Women: 49 (of 53)

Best time in course: 2:03:07

Rank in category: 11(of 11)

Best time in the category: 2:14:31

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	23:49	7:13	11	6:44	46	9:30	3.30	23:49	7:13	11	5:37	23	0:59
Schlüsie	3.10	27:32	8:52	11	9:15	49	11:29	6.40	51:21	8:01	11	14:52	23	2:08
Hermannsklippe	2.60	24:19	9:21	11	8:49	47	11:01	9.00	1:15:40	8:24	11	23:41	21	3:16
Brocken	3.10	40:48	13:09	10	16:34	49	18:22	12.10	1:56:28	9:37	11	40:15	23	10:30
Eiserner Handwe	3.60	25:56	7:12	10	10:02	47	10:18	15.70	2:22:24	9:04	11	50:17	23	6:39
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	53:07	16:35	11	39:58	52	40:14	22.90	3:15:31	8:32	11	1:14:57	23	23:31
Ilseburg/Markt	3.30	24:54	7:32	11	10:57	51	11:16	26.20	3:40:25	8:24	11	1:25:54	49	1:37:18