



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Pusch, Alexander

Club: VfB Germania Halberstadt
Number: 604

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M20

Total time: 33:05

Speed: 16.32 km/h
Running performance: 3:27 min/km

Rank in course/Total: 1 (of 149)

Rank in course/Men: 1 (of 107)

Best time in course: 33:05

Rank in category: 1(of 15)

Best time in the category: 33:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	16:15	3:57	1	-	1	-	4.10	16:15	3:57	1	-	1	-
Loddenke	2.20	6:42	3:02	1	-	1	-	6.30	22:57	3:38	1	-	1	-
Ilsenburg/Markt	3.30	10:08	3:04	1	-	1	-	9.60	33:05	3:26	1	-	1	-