



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: 17.41 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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	-