



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Göbel, Matthias

Club: NSV Wernigerode
Number: 614

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M20

Total time: 34:20

Speed: 16.78 km/h
Running performance: 3:35 min/km

Rank in course/Total: 3 (of 149)

Rank in course/Men: 3 (of 107)

Best time in course: 33:05

Rank in category: 3(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	16:31	4:01	2	0:16	2	0:16	4.10	16:31	4:01	3	0:16	3	0:16
Loddenke	2.20	6:58	3:09	3	0:16	3	0:16	6.30	23:29	3:43	2	0:32	2	0:32
Ilsenburg/Markt	3.30	10:51	3:17	4	0:43	5	0:43	9.60	34:20	3:34	3	1:15	3	1:15