



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Stagge, Fabian

Club: NSV Wernigerode

Number: 613

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 36:48

Speed: 15.65 km/h

Running performance: 3:50 min/km

Rank in course/Total: 5 (of 149)

Rank in course/Men: 5 (of 107)

Best time in course: 33:05

Rank in category: 5(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	17:54	4:21	5	1:39	5	1:39	4.10	17:54	4:21	5	1:39	5	1:39
Loddenke	2.20	7:30	3:24	5	0:48	5	0:48	6.30	25:24	4:01	5	2:27	5	2:27
Ilsenburg/Markt	3.30	11:24	3:27	5	1:16	9	1:16	9.60	36:48	3:49	5	3:43	5	3:43