



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Formella, Matthias

Club: VfB Germania Halberstadt  
Number: 603

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M45

Total time: 37:16

Speed: 14.49 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 6 (of 149)

Rank in course/Men: 6 (of 107)

Best time in course: 33:05

Rank in category: 1(of 13)

Best time in the category: 37:16

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	17:55	4:22	1	-	6	1:40	4.10	17:55	4:22	1	-	6	1:40
Loddenke	2.20	8:05	3:40	2	0:20	12	1:23	6.30	26:00	4:07	1	-	6	3:03
Ilsenburg/Markt	3.30	11:16	3:24	1	-	8	1:08	9.60	37:16	3:52	1	-	6	4:11