



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Lippe, Florian

Club: Harz-Gebirgslauf Wernigerode

Number: 649

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 37:41

Speed: 14.33 km/h

Running performance: 3:56 min/km

Rank in course/Total: 7 (of 149)

Rank in course/Men: 7 (of 107)

Best time in course: 33:05

Rank in category: 6(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	18:13	4:26	6	1:58	7	1:58	4.10	18:13	4:26	6	1:58	7	1:58
Loddenke	2.20	7:41	3:29	6	0:59	6	0:59	6.30	25:54	4:06	6	2:57	7	2:57
Ilsenburg/Markt	3.30	11:47	3:34	6	1:39	13	1:39	9.60	37:41	3:55	6	4:36	7	4:36