



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Schalanda, Benjamin

Club: VFB Germania Halberstadt

Number: 702

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M30

Total time: 38:27

Speed: 14.98 km/h

Running performance: 4:01 min/km

Rank in course/Total: 10 (of 149)

Rank in course/Men: 10 (of 107)

Best time in course: 33:05

Rank in category: 1(of 10)

Best time in the category: 38:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	19:51	4:50	2	0:18	17	3:36	4.10	19:51	4:50	1	-	10	3:36
Loddenke	2.20	7:55	3:35	1	-	10	1:13	6.30	27:46	4:24	1	-	10	4:49
Ilsenburg/Markt	3.30	10:41	3:14	1	-	4	0:33	9.60	38:27	4:00	1	-	10	5:22