



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Koch, Oliver

Club: VFB Germania Halberstadt

Number: 701

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M30

Total time: 38:38

Speed: 14.91 km/h

Running performance: 4:01 min/km

Rank in course/Total: 11 (of 149)

Rank in course/Men: 11 (of 107)

Best time in course: 33:05

Rank in category: 2(of 10)

Best time in the category: 38:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	19:33	4:46	1	-	10	3:18	4.10	19:33	4:46	2		11	3:18
Loddenke	2.20	7:57	3:36	2	0:02	11	1:15	6.30	27:30	4:21	2		11	4:33
Ilsenburg/Markt	3.30	11:08	3:22	2	0:27	6	1:00	9.60	38:38	4:01	2	0:11	11	5:33