



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Grüning, Heiko

Club: NSV Wernigerode
Number: 611

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M35

Total time: 42:34

Speed: 12.69 km/h
Running performance: 4:26 min/km

Rank in course/Total: 22 (of 149)

Rank in course/Men: 21 (of 107)

Best time in course: 33:05

Rank in category: 1(of 8)

Best time in the category: 42:34

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	21:10	5:09	1	-	21	4:55	4.10	21:10	5:09	1	-	20	4:55
Loddenke	2.20	8:25	3:49	1	-	17	1:43	6.30	29:35	4:41	1	-	21	6:38
Ilsenburg/Markt	3.30	12:59	3:56	1	-	23	2:51	9.60	42:34	4:26	1	-	21	9:29