



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ungrad, Christian

Club: VFL Oker
Number: 587

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M40

Total time: 42:53

Speed: 13.43 km/h
Running performance: 4:28 min/km

Rank in course/Total: 23 (of 149)

Rank in course/Men: 22 (of 107)

Best time in course: 33:05

Rank in category: 2(of 13)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	20:53	5:05	2	1:01	20	4:38	4.10	20:53	5:05	2	1:01	22	4:38	
Loddenke	2.20	8:44	3:58	2	0:09	23	2:02	6.30	29:37	4:42	2	1:10	22	6:40	
Ilsenburg/Markt	3.30	13:16	4:01	2	1:20	25	3:08	9.60	42:53	4:28	2	2:30	22	9:48	