



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: 12.59 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	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	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