



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Geist, Mario

Club: Harz-Gebirgslauf Wernigerode

Number: 700

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 43:13

Speed: 12.50 km/h

Running performance: 4:30 min/km

Rank in course/Total: 24 (of 149)

Rank in course/Men: 23 (of 107)

Best time in course: 33:05

Rank in category: 6(of 13)

Best time in the category: 37:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	21:15	5:10	6	3:20	23	5:00	4.10	21:15	5:10	6	3:20	23	5:00
Loddenke	2.20	8:32	3:52	5	0:47	19	1:50	6.30	29:47	4:43	6	3:47	23	6:50
Ilsenburg/Markt	3.30	13:26	4:04	6	2:10	29	3:18	9.60	43:13	4:30	6	5:57	23	10:08