



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Möbius, Dirk

Club: NSV Wernigerode

Number: 612

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M35

Total time: 44:29

Speed: 12.14 km/h

Running performance: 4:38 min/km

Rank in course/Total: 27 (of 149)

Rank in course/Men: 25 (of 107)

Best time in course: 33:05

Rank in category: 2(of 8)

Best time in the category: 42:34

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	21:31	5:14	2	0:21	25	5:16	4.10	21:31	5:14	2	0:21	25	5:16
Loddenke	2.20	9:07	4:08	2	0:42	25	2:25	6.30	30:38	4:51	2	1:03	25	7:41
Ilsenburg/Markt	3.30	13:51	4:11	4	0:52	38	3:43	9.60	44:29	4:38	2	1:55	25	11:24