



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: 12.95 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 |