



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Teich, Andreas

Club: Wasserleben
 Number: 657

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M40

Total time: 44:52

Speed: 12.04 km/h
 Running performance: 4:40 min/km

Rank in course/Total: 28 (of 149)

Rank in course/Men: 26 (of 107)

Best time in course: 33:05

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:20	5:26	4	2:28	27	6:05	4.10	22:20	5:26	4	2:28	26	6:05
Loddenke	2.20	9:14	4:11	4	0:39	29	2:32	6.30	31:34	5:00	4	3:07	26	8:37
Ilsenburg/Markt	3.30	13:18	4:01	4	1:22	28	3:10	9.60	44:52	4:40	4	4:29	26	11:47