



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Wagner, Henrik

Club: Ilsenburg

Number: 678

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M35

Total time: 45:45

Speed: 11.80 km/h

Running performance: 4:46 min/km

Rank in course/Total: 29 (of 149)

Rank in course/Men: 27 (of 107)

Best time in course: 33:05

Rank in category: 3(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 | 23:00 | 5:36 | 4 | 1:50 | 32 | 6:45 | 4.10 | 23:00 | 5:36 | 3 | 1:50 | 27 | 6:45 |
| Loddenke | 2.20 | 9:15 | 4:12 | 3 | 0:50 | 30 | 2:33 | 6.30 | 32:15 | 5:07 | 3 | 2:40 | 27 | 9:18 |
| Ilsenburg/Markt | 3.30 | 13:30 | 4:05 | 2 | 0:31 | 30 | 3:22 | 9.60 | 45:45 | 4:45 | 3 | 3:11 | 27 | 12:40 |