



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Prygodda, Sven

Club: SV Schauen

Number: 556

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M30

Total time: 46:04

Speed: 11.72 km/h

Running performance: 4:48 min/km

Rank in course/Total: 33 (of 149)

Rank in course/Men: 31 (of 107)

Best time in course: 33:05

Rank in category: 3(of 10)

Best time in the category: 38:27

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	23:04	5:37	3	3:31	34	6:49	4.10	23:04	5:37	3	3:13	31	6:49	
Loddenke	2.20	9:22	4:15	3	1:27	33	2:40	6.30	32:26	5:08	3	4:40	31	9:29	
Ilsenburg/Markt	3.30	13:38	4:07	3	2:57	31	3:30	9.60	46:04	4:47	3	7:37	31	12:59	