



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Boeltzig, Benjamin**

Club: Kissenbrück

Number: 593

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 46:21

Speed: 11.65 km/h

Running performance: 4:50 min/km

Rank in course/Total: 36 (of 149)

Rank in course/Men: 34 (of 107)

Best time in course: 33:05

Rank in category: 8(of 15)

Best time in the category: 33:05

### 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	23:42	5:46	8	7:27	39	7:27	4.10	23:42	5:46	8	7:27	34	7:27
Loddenke	2.20	9:24	4:16	9	2:42	35	2:42	6.30	33:06	5:15	8	10:09	34	10:09
Ilsenburg/Markt	3.30	13:15	4:00	8	3:07	24	3:07	9.60	46:21	4:49	8	13:16	34	13:16