



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Falley, Sven

Club: Lg Hachellich

Number: 680

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M35

Total time: 46:33

Speed: 11.60 km/h

Running performance: 4:51 min/km

Rank in course/Total: 37 (of 149)

Rank in course/Men: 35 (of 107)

Best time in course: 33:05

Rank in category: 4(of 8)

Best time in the category: 42:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	22:56	5:35	3	1:46	30	6:41	4.10	22:56	5:35	4	1:46	35	6:41
Loddenke	2.20	9:26	4:17	4	1:01	37	2:44	6.30	32:22	5:08	4	2:47	35	9:25
Ilsenburg/Markt	3.30	14:11	4:17	5	1:12	43	4:03	9.60	46:33	4:50	4	3:59	35	13:28