



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Pfitzner, Sven

Club: Dessau

Number: 683

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 46:46

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 41 (of 149)

Rank in course/Men: 38 (of 107)

Best time in course: 33:05

Rank in category: 7(of 13)

Best time in the category: 37:16

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	23:51	5:49	8	5:56	42	7:36	4.10	23:51	5:49	7	5:56	38	7:36	
Loddenke	2.20	9:10	4:09	7	1:25	26	2:28	6.30	33:01	5:14	7	7:01	38	10:04	
Ilsenburg/Markt	3.30	13:45	4:10	7	2:29	36	3:37	9.60	46:46	4:52	7	9:30	38	13:41	