



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Woitschik, Volker

Club: NSV Wernigerode

Number: 609

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 46:54

Speed: 11.51 km/h

Running performance: 4:53 min/km

Rank in course/Total: 42 (of 149)

Rank in course/Men: 39 (of 107)

Best time in course: 33:05

Rank in category: 8(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	23:37	5:45	7	5:42	38	7:22	4.10	23:37	5:45	8	5:42	39	7:22
Loddenke	2.20	9:22	4:15	8	1:37	33	2:40	6.30	32:59	5:14	8	6:59	39	10:02
Ilsenburg/Markt	3.30	13:55	4:13	8	2:39	40	3:47	9.60	46:54	4:53	8	9:38	39	13:49