



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Runge, Sebastian

Club: Osterode am Harz

Number: 638

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 47:49

Speed: 11.29 km/h

Running performance: 4:59 min/km

Rank in course/Total: 45 (of 149)

Rank in course/Men: 42 (of 107)

Best time in course: 33:05

Rank in category: 11(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	24:35	5:59	11	8:20	50	8:20	4.10	24:35	5:59	11	8:20	42	8:20
Loddenke	2.20	9:13	4:11	8	2:31	28	2:31	6.30	33:48	5:21	11	10:51	42	10:51
Ilsenburg/Markt	3.30	14:01	4:14	12	3:53	41	3:53	9.60	47:49	4:58	11	14:44	42	14:44