



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: 12.05 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 |