



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Meenken, Thomas

Club: Harzcore
 Number: 670

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M20

Total time: 48:54

Speed: 11.04 km/h
 Running performance: 5:05 min/km

Rank in course/Total: 48 (of 149)

Rank in course/Men: 45 (of 107)

Best time in course: 33:05

Rank in category: 12(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Ilsestein	4.10	25:34	6:14	13	9:19	61	9:19	4.10	25:34	6:14	12	9:19	45	9:19
Loddenke	2.20	9:38	4:22	11	2:56	41	2:56	6.30	35:12	5:35	12	12:15	45	12:15
Ilsenburg/Markt	3.30	13:42	4:09	10	3:34	35	3:34	9.60	48:54	5:05	12	15:49	45	15:49