



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Mende, Martin

Club: SV Lok Blankenburg 1949 e.V.

Number: 589

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M35

Total time: 48:55

Speed: 11.04 km/h

Running performance: 5:06 min/km

Rank in course/Total: 49 (of 149)

Rank in course/Men: 46 (of 107)

Best time in course: 33:05

Rank in category: 5(of 8)

Best time in the category: 42:34

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	24:30	5:58	5	3:20	48	8:15	4.10	24:30	5:58	5	3:20	47	8:15
Loddenke	2.20	9:43	4:24	6	1:18	46	3:01	6.30	34:13	5:25	5	4:38	47	11:16
Ilsenburg/Markt	3.30	14:42	4:27	7	1:43	55	4:34	9.60	48:55	5:05	5	6:21	46	15:50