



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Viola, Stefan

Club: SBL Hannover
Number: 635

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M45

Total time: 48:58

Speed: 11.76 km/h
Running performance: 5:06 min/km

Rank in course/Total: 51 (of 149)

Rank in course/Men: 48 (of 107)

Best time in course: 33:05

Rank in category: 10(of 13)

Best time in the category: 37:16

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:30	5:58	9	6:35	48	8:15	4.10	24:30	5:58	10	6:35	47	8:15
Loddenke	2.20	9:44	4:25	10	1:59	48	3:02	6.30	34:14	5:26	10	8:14	48	11:17
Ilsenburg/Markt	3.30	14:44	4:27	10	3:28	57	4:36	9.60	48:58	5:06	10	11:42	48	15:53