



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Kämpfer, Marcel

Club: TUS Elbingerode
Number: 623

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M30

Total time: 49:14

Speed: 10.97 km/h
Running performance: 5:08 min/km

Rank in course/Total: 53 (of 149)

Rank in course/Men: 50 (of 107)

Best time in course: 33:05

Rank in category: 4(of 10)

Best time in the category: 38:27

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	24:25	5:57	5	4:52	46	8:10	4.10	24:25	5:57	4	4:34	50	8:10
Loddenke	2.20	10:21	4:42	4	2:26	56	3:39	6.30	34:46	5:31	4	7:00	50	11:49
Ilsenburg/Markt	3.30	14:28	4:23	5	3:47	47	4:20	9.60	49:14	5:07	4	10:47	50	16:09