



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

John, Stefan

Club: Stapelburg
 Number: 695

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M30

Total time: 49:54

Speed: 10.82 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 60 (of 149)

Rank in course/Men: 56 (of 107)

Best time in course: 33:05

Rank in category: 6(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	25:00	6:05	6	5:27	55	8:45	4.10	25:00	6:05	6	5:09	56	8:45
Loddenke	2.20	10:38	4:49	6	2:43	67	3:56	6.30	35:38	5:39	6	7:52	56	12:41
Ilsenburg/Markt	3.30	14:16	4:19	4	3:35	46	4:08	9.60	49:54	5:11	6	11:27	56	16:49