



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Geist, Gerald

Club: Ilsenburg  
Number: 658

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M50

Total time: 50:27

Speed: 11.42 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 63 (of 149)

Rank in course/Men: 59 (of 107)

Best time in course: 33:05

Rank in category: 4(of 8)

Best time in the category: 40:37

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	24:58	6:05	4	5:21	53	8:43	4.10	24:58	6:05	4	5:21	59	8:43
Loddenke	2.20	10:26	4:44	3	2:10	57	3:44	6.30	35:24	5:37	4	7:31	59	12:27
Ilsenburg/Markt	3.30	15:03	4:33	4	2:19	62	4:55	9.60	50:27	5:15	4	9:50	59	17:22