



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: 10.70 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 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	24:58	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