



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Bittner, Johannes

Club: HVI

Number: 648

Course: 9.60 km

Ilsesteinlauf

Category:

männliche Jugend A

Total time: 50:42

Speed: 10.65 km/h

Running performance: 5:17 min/km

Rank in course/Total: 65 (of 149)

Rank in course/Men: 61 (of 107)

Best time in course: 33:05

Rank in category: 3(of 5)

Best time in the category: 40:41

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	25:05	6:07	2	5:18	57	8:50	4.10	25:05	6:07	3	5:18	60	8:50
Loddenke	2.20	10:05	4:34	3	1:45	53	3:23	6.30	35:10	5:34	3	7:03	60	12:13
Ilsenburg/Markt	3.30	15:32	4:42	4	2:58	66	5:24	9.60	50:42	5:16	3	10:01	61	17:37