



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Strauchmann, Benito

Club: Wernigerode

Number: 685

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 50:34

Speed: 10.68 km/h

Running performance: 5:16 min/km

Rank in course/Total: 64 (of 149)

Rank in course/Men: 60 (of 107)

Best time in course: 33:05

Rank in category: 5(of 13)

Best time in the category: 40:23

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	25:36	6:14	7	5:44	63	9:21	4.10	25:36	6:14	5	5:44	61	9:21
Loddenke	2.20	9:47	4:26	5	1:12	50	3:05	6.30	35:23	5:36	5	6:56	57	12:26
Ilsenburg/Markt	3.30	15:11	4:36	5	3:15	64	5:03	9.60	50:34	5:16	5	10:11	60	17:29