



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Elsner, Marcel

Club: König-Fitness
Number: 666

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M30

Total time: 51:28

Speed: 10.49 km/h
Running performance: 5:22 min/km

Rank in course/Total: 72 (of 149)

Rank in course/Men: 65 (of 107)

Best time in course: 33:05

Rank in category: 7(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 | 25:48 | 6:17 | 7 | 6:15 | 67 | 9:33 | 4.10 | 25:48 | 6:17 | 7 | 5:57 | 65 | 9:33 |
| Loddenke | 2.20 | 10:59 | 4:59 | 7 | 3:04 | 72 | 4:17 | 6.30 | 36:47 | 5:50 | 7 | 9:01 | 65 | 13:50 |
| Ilsenburg/Markt | 3.30 | 14:41 | 4:26 | 6 | 4:00 | 53 | 4:33 | 9.60 | 51:28 | 5:21 | 7 | 13:01 | 65 | 18:23 |