



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Mittag, Frank

Club: Elbingerode
Number: 639

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M35

Total time: 51:31

Speed: 10.48 km/h
Running performance: 5:22 min/km

Rank in course/Total: 74 (of 149)

Rank in course/Men: 66 (of 107)

Best time in course: 33:05

Rank in category: 7(of 8)

Best time in the category: 42:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	27:13	6:38	7	6:03	75	10:58	4.10	27:13	6:38	7	6:03	66	10:58	
Loddenke	2.20	9:38	4:22	5	1:13	41	2:56	6.30	36:51	5:50	7	7:16	66	13:54	
Ilsenburg/Markt	3.30	14:40	4:26	6	1:41	52	4:32	9.60	51:31	5:21	7	8:57	66	18:26	