



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Schreinert, Axel

Club: Werder / OT Glindow

Number: 594

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 52:08

Speed: 10.36 km/h

Running performance: 5:26 min/km

Rank in course/Total: 77 (of 149)

Rank in course/Men: 68 (of 107)

Best time in course: 33:05

Rank in category: 6(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	25:04	6:06	5	5:12	56	8:49	4.10	25:04	6:06	6	5:12	68	8:49
Loddenke	2.20	10:30	4:46	6	1:55	62	3:48	6.30	35:34	5:38	6	7:07	68	12:37
Ilsenburg/Markt	3.30	16:34	5:01	9	4:38	76	6:26	9.60	52:08	5:25	6	11:45	68	19:03