



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Brehsan, Kay

Club: SV Eintracht Osterwieck

Number: 610

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 52:32

Speed: 10.96 km/h

Running performance: 5:28 min/km

Rank in course/Total: 79 (of 149)

Rank in course/Men: 70 (of 107)

Best time in course: 33:05

Rank in category: 7(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	26:01	6:20	8	6:09	69	9:46	4.10	26:01	6:20	7	6:09	70	9:46
Loddenke	2.20	10:34	4:48	7	1:59	65	3:52	6.30	36:35	5:48	7	8:08	70	13:38
Ilsenburg/Markt	3.30	15:57	4:49	7	4:01	71	5:49	9.60	52:32	5:28	7	12:09	70	19:27