



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Berndt, Markus

Club: Skiclub Ilsenburg

Number: 673

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M30

Total time: 54:30

Speed: 9.91 km/h

Running performance: 5:41 min/km

Rank in course/Total: 85 (of 149)

Rank in course/Men: 72 (of 107)

Best time in course: 33:05

Rank in category: 8(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	27:08	6:37	8	7:35	74	10:53	4.10	27:08	6:37	8	7:17	72	10:53
Loddenke	2.20	11:02	5:00	8	3:07	74	4:20	6.30	38:10	6:03	8	10:24	72	15:13
Ilsenburg/Markt	3.30	16:20	4:56	8	5:39	74	6:12	9.60	54:30	5:40	8	16:03	72	21:25