



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Schmidt, Hans-Arne

Club: Wernigerode  
Number: 697

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M50

Total time: 54:52

Speed: 9.84 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 86 (of 149)

Rank in course/Men: 73 (of 107)

Best time in course: 33:05

Rank in category: 5(of 8)

Best time in the category: 40:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:07	6:22	5	6:30	70	9:52	4.10	26:07	6:22	5	6:30	73	9:52
Loddenke	2.20	11:45	5:20	5	3:29	82	5:03	6.30	37:52	6:00	5	9:59	73	14:55
Ilsenburg/Markt	3.30	17:00	5:09	6	4:16	80	6:52	9.60	54:52	5:42	5	14:15	73	21:47