



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: 10.50 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 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	26:07	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