



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Illemann, Frank

Club: Alfeld
Number: 679

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M35

Total time: 56:42

Speed: 9.52 km/h
Running performance: 5:55 min/km

Rank in course/Total: 93 (of 149)

Rank in course/Men: 77 (of 107)

Best time in course: 33:05

Rank in category: 8(of 8)

Best time in the category: 42:34

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	29:13	7:07	8	8:03	86	12:58	4.10	29:13	7:07	8	8:03	77	12:58
Loddenke	2.20	11:11	5:04	8	2:46	76	4:29	6.30	40:24	6:24	8	10:49	77	17:27
Ilsenburg/Markt	3.30	16:18	4:56	8	3:19	73	6:10	9.60	56:42	5:54	8	14:08	77	23:37