



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Großhennig, Danilo

Club: HV Ilsenburg
Number: 656

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M30

Total time: 56:58

Speed: 9.48 km/h
Running performance: 5:56 min/km

Rank in course/Total: 96 (of 149)

Rank in course/Men: 80 (of 107)

Best time in course: 33:05

Rank in category: 9(of 10)

Best time in the category: 38:27

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	28:09	6:51	9	8:36	78	11:54	4.10	28:09	6:51	9	8:18	80	11:54
Loddenke	2.20	11:42	5:19	9	3:47	81	5:00	6.30	39:51	6:19	9	12:05	78	16:54
Ilsenburg/Markt	3.30	17:07	5:11	10	6:26	84	6:59	9.60	56:58	5:56	9	18:31	80	23:53