



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Siegel, Olaf

Club: Ilsenburg
Number: 642

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M40

Total time: 57:49

Speed: 9.96 km/h
Running performance: 6:01 min/km

Rank in course/Total: 99 (of 149)

Rank in course/Men: 83 (of 107)

Best time in course: 33:05

Rank in category: 12(of 13)

Best time in the category: 40:23

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	28:34	6:58	11	8:42	82	12:19	4.10	28:34	6:58	12	8:42	83	12:19
Loddenke	2.20	11:40	5:18	11	3:05	80	4:58	6.30	40:14	6:23	12	11:47	83	17:17
Ilsenburg/Markt	3.30	17:35	5:19	11	5:39	88	7:27	9.60	57:49	6:01	12	17:26	83	24:44