



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Janke, Martin

Club: Braunlage
Number: 681

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M60

Total time: 58:27

Speed: 9.24 km/h
Running performance: 6:05 min/km

Rank in course/Total: 101 (of 149)

Rank in course/Men: 85 (of 107)

Best time in course: 33:05

Rank in category: 4(of 7)

Best time in the category: 46:10

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	28:26	6:56	4	4:50	80	12:11	4.10	28:26	6:56	4	4:50	85	12:11
Loddenke	2.20	12:22	5:37	4	2:39	90	5:40	6.30	40:48	6:28	4	7:29	85	17:51
Ilsenburg/Markt	3.30	17:39	5:20	4	4:48	90	7:31	9.60	58:27	6:05	4	12:17	85	25:22