



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Sendrowski, Roman

Club: Braunschweig
Number: 620

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M30

Total time: 1:00:32

Speed: 8.92 km/h
Running performance: 6:19 min/km

Rank in course/Total: 116 (of 149)

Rank in course/Men: 93 (of 107)

Best time in course: 33:05

Rank in category: 10(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	30:26	7:25	10	10:53	95	14:11	4.10	30:26	7:25	10	10:35	93	14:11
Loddenke	2.20	13:27	6:06	10	5:32	98	6:45	6.30	43:53	6:57	10	16:07	90	20:56
Ilsenburg/Markt	3.30	16:39	5:02	9	5:58	77	6:31	9.60	1:00:32	6:18	10	22:05	92	27:27