



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Nikulski, Jürgen

Club: Langelsheim

Number: 1000

Course: 9.60 km

Ilsestein-Walking

Category:

Walking Männer

Total time: 1:23:09

Speed: 6.49 km/h

Running performance: 8:40 min/km

Rank in course/Total: 2 (of 16)

Rank in course/Men: 1 (of 2)

Best time in course: 1:23:09

Rank in category: 1(of 2)

Best time in the category: 1:23:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Ilsestein	4.10	38:27	9:22	1	-	1	-	4.10	38:27	9:22	1	-	1	-
Loddenke	2.20	17:29	7:56	1	-	1	-	6.30	55:56	8:52	1	-	1	-
Ilsenburg/Markt	3.30	27:13	8:14	1	-	1	-	9.60	1:23:09	8:39	1	-	1	-