



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Kaufhold, Thomas**

Club: HSV Medizin Magdeburg  
Number: 628

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M55

Total time: 38:02

Speed: 15.14 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 9 (of 149)

Rank in course/Men: 9 (of 107)

Best time in course: 33:05

Rank in category: 1(of 7)

Best time in the category: 38:02

### 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	18:43	4:33	1	-	8	2:28	4.10	18:43	4:33	1	-	9	2:28
Loddenke	2.20	7:54	3:35	1	-	9	1:12	6.30	26:37	4:13	1	-	8	3:40
Ilsenburg/Markt	3.30	11:25	3:27	1	-	10	1:17	9.60	38:02	3:57	1	-	9	4:57