



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: 14.20 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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