



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Markfeld, Jürgen

Club: TuS Hasede
Number: 631

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M45

Total time: 38:45

Speed: 13.94 km/h
Running performance: 4:02 min/km

Rank in course/Total: 12 (of 149)

Rank in course/Men: 12 (of 107)

Best time in course: 33:05

Rank in category: 2(of 13)

Best time in the category: 37:16

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	19:35	4:46	2	1:40	11	3:20	4.10	19:35	4:46	2	1:40	12	3:20
Loddenke	2.20	7:45	3:31	1	-	8	1:03	6.30	27:20	4:20	2	1:20	12	4:23
Ilsenburg/Markt	3.30	11:25	3:27	2	0:09	10	1:17	9.60	38:45	4:02	2	1:29	12	5:40