



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Klemme, Jürgen

Club: LG TuS Lügde
Number: 560

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M45

Total time: 39:53

Speed: 13.54 km/h
Running performance: 4:09 min/km

Rank in course/Total: 13 (of 149)

Rank in course/Men: 13 (of 107)

Best time in course: 33:05

Rank in category: 3(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	19:47	4:49	4	1:52	15	3:32	4.10	19:47	4:49	3	1:52	13	3:32
Loddenke	2.20	8:36	3:54	6	0:51	21	1:54	6.30	28:23	4:30	3	2:23	13	5:26
Ilsenburg/Markt	3.30	11:30	3:29	3	0:14	12	1:22	9.60	39:53	4:09	3	2:37	13	6:48