



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Lippe, Michael

Club: Harz-Gebirgslauf Wernigerode

Number: 703

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 40:23

Speed: 13.37 km/h

Running performance: 4:13 min/km

Rank in course/Total: 14 (of 149)

Rank in course/Men: 14 (of 107)

Best time in course: 33:05

Rank in category: 1(of 13)

Best time in the category: 40:23

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	19:52	4:50	1	-	18	3:37	4.10	19:52	4:50	1	-	14	3:37	
Loddenke	2.20	8:35	3:54	1	-	20	1:53	6.30	28:27	4:30	1	-	14	5:30	
Ilsenburg/Markt	3.30	11:56	3:36	1	-	14	1:48	9.60	40:23	4:12	1	-	14	7:18	