



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Kempe, Martin**

Club: Magdeburg

Number: 570

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 40:33

Speed: 13.32 km/h

Running performance: 4:13 min/km

Rank in course/Total: 16 (of 149)

Rank in course/Men: 16 (of 107)

Best time in course: 33:05

Rank in category: 7(of 15)

Best time in the category: 33:05

### 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	19:58	4:52	7	3:43	19	3:43	4.10	19:58	4:52	7	3:43	15	3:43
Loddenke	2.20	8:14	3:44	7	1:32	13	1:32	6.30	28:12	4:28	7	5:15	15	5:15
Ilsenburg/Markt	3.30	12:21	3:44	7	2:13	15	2:13	9.60	40:33	4:13	7	7:28	16	7:28