



# 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: 14.20 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 | 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  | 19:58 | 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   |