



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Horn, Mike

Club: SV Lokomotive Blankenburg

Number: 684

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 40:25

Speed: 13.36 km/h

Running performance: 4:13 min/km

Rank in course/Total: 15 (of 149)

Rank in course/Men: 15 (of 107)

Best time in course: 33:05

Rank in category: 4(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	19:36	4:46	3	1:41	12	3:21	4.10	19:36	4:46	4	1:41	16	3:21
Loddenke	2.20	8:25	3:49	4	0:40	17	1:43	6.30	28:01	4:26	4	2:01	16	5:04
Ilsenburg/Markt	3.30	12:24	3:45	4	1:08	16	2:16	9.60	40:25	4:12	4	3:09	15	7:20