



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Nipperdey, Johannes

Club: NRT Bad Bikers RSG Nordharz
Number: 699

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M50

Total time: 40:37

Speed: 13.30 km/h
Running performance: 4:14 min/km

Rank in course/Total: 17 (of 149)

Rank in course/Men: 17 (of 107)

Best time in course: 33:05

Rank in category: 1(of 8)

Best time in the category: 40:37

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	19:37	4:47	1	-	13	3:22	4.10	19:37	4:47	1	-	17	3:22
Loddenke	2.20	8:16	3:45	1	-	14	1:34	6.30	27:53	4:25	1	-	17	4:56
Ilsenburg/Markt	3.30	12:44	3:51	1	-	19	2:36	9.60	40:37	4:13	1	-	17	7:32