



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Wisotzki, Uwe

Club: Harzer-Ski-Team

Number: 606

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 42:10

Speed: 12.81 km/h

Running performance: 4:23 min/km

Rank in course/Total: 21 (of 149)

Rank in course/Men: 20 (of 107)

Best time in course: 33:05

Rank in category: 5(of 13)

Best time in the category: 37:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	21:10	5:09	5	3:15	21	4:55	4.10	21:10	5:09	5	3:15	20	4:55	
Loddenke	2.20	8:21	3:47	3	0:36	16	1:39	6.30	29:31	4:41	5	3:31	20	6:34	
Ilsenburg/Markt	3.30	12:39	3:50	5	1:23	18	2:31	9.60	42:10	4:23	5	4:54	20	9:05	