



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Zerbe, Mario

Club: LG Silbersee Leipzig

Number: 567

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 43:24

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 26 (of 149)

Rank in course/Men: 24 (of 107)

Best time in course: 33:05

Rank in category: 3(of 13)

Best time in the category: 40:23

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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	21:18	5:11	3	1:26	24	5:03	4.10	21:18	5:11	3	1:26	24	5:03	
Loddenke	2.20	8:49	4:00	3	0:14	24	2:07	6.30	30:07	4:46	3	1:40	24	7:10	
Ilsenburg/Markt	3.30	13:17	4:01	3	1:21	27	3:09	9.60	43:24	4:31	3	3:01	24	10:19	