



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Bruns, Lorenz

Club: Darlingerode

Number: 691

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M50

Total time: 45:56

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 32 (of 149)

Rank in course/Men: 30 (of 107)

Best time in course: 33:05

Rank in category: 2(of 8)

Best time in the category: 40:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:59	5:36	2	3:22	31	6:44	4.10	22:59	5:36	2	3:22	30	6:44
Loddenke	2.20	9:19	4:14	2	1:03	32	2:37	6.30	32:18	5:07	2	4:25	30	9:21
Ilsenburg/Markt	3.30	13:38	4:07	2	0:54	31	3:30	9.60	45:56	4:47	2	5:19	30	12:51