



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Göhler, René

Club: Radsportgruppe Erika Zabel

Number: 692

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 46:39

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 39 (of 149)

Rank in course/Men: 37 (of 107)

Best time in course: 33:05

Rank in category: 9(of 15)

Best time in the category: 33:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:43	5:47	9	7:28	40	7:28	4.10	23:43	5:47	9	7:28	37	7:28
Loddenke	2.20	9:40	4:23	12	2:58	44	2:58	6.30	33:23	5:17	9	10:26	33	10:26
Ilsenburg/Markt	3.30	13:16	4:01	9	3:08	25	3:08	9.60	46:39	4:51	9	13:34	37	13:34