



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Priemer, Michael

Club: L.E.Süd

Number: 590

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 47:18

Speed: 12.18 km/h

Running performance: 4:56 min/km

Rank in course/Total: 44 (of 149)

Rank in course/Men: 41 (of 107)

Best time in course: 33:05

Rank in category: 10(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.	Stage score		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	23:51	5:49	10	7:36	42	7:36	4.10	23:51	5:49	10	7:36	38	7:36
Loddenke	2.20	9:33	4:20	10	2:51	39	2:51	6.30	33:24	5:18	10	10:27	41	10:27
Ilsenburg/Markt	3.30	13:54	4:12	11	3:46	39	3:46	9.60	47:18	4:55	10	14:13	41	14:13