



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Tischner, Torsten

Club: Hannover
Number: 577

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M45

Total time: 48:27

Speed: 11.15 km/h
Running performance: 5:03 min/km

Rank in course/Total: 47 (of 149)

Rank in course/Men: 44 (of 107)

Best time in course: 33:05

Rank in category: 9(of 13)

Best time in the category: 37:16

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:40	6:00	10	6:45	51	8:25	4.10	24:40	6:00	9	6:45	44	8:25
Loddenke	2.20	9:39	4:23	9	1:54	43	2:57	6.30	34:19	5:26	9	8:19	44	11:22
Ilsenburg/Markt	3.30	14:08	4:16	9	2:52	42	4:00	9.60	48:27	5:02	9	11:11	44	15:22