



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

Lamm, Siegfried

Club: HGL Wernigerode

Number: 553

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M55

Total time: 49:09

Speed: 10.99 km/h

Running performance: 5:07 min/km

Rank in course/Total: 52 (of 149)

Rank in course/Men: 49 (of 107)

Best time in course: 33:05

Rank in category: 2(of 7)

Best time in the category: 38:02

## 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	23:59	5:50	2	5:16	44	7:44	4.10	23:59	5:50	2	5:16	49	7:44
Loddenke	2.20	10:29	4:45	2	2:35	61	3:47	6.30	34:28	5:28	2	7:51	49	11:31
Ilseburg/Markt	3.30	14:41	4:26	2	3:16	53	4:33	9.60	49:09	5:07	2	11:07	49	16:04