



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

Zerbe, Friedmar

Club: LG Silbersee Leipzig  
Number: 561

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M70

Total time: 49:19

Speed: 10.95 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 55 (of 149)

Rank in course/Men: 52 (of 107)

Best time in course: 33:05

Rank in category: 1(of 5)

Best time in the category: 49:19

## Intermediate times

## Stage score

## Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		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	24:29	5:58	1	-	47	8:14	4.10	24:29	5:58	1	-	52	8:14	
Loddenke	2.20	9:59	4:32	1	-	51	3:17	6.30	34:28	5:28	1	-	49	11:31	
Ilsenburg/Markt	3.30	14:51	4:30	1	-	58	4:43	9.60	49:19	5:08	1	-	52	16:14	