



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Hempel, Jürgen

Club: Wernigerode

Number: 636

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M30

Total time: 49:44

Speed: 10.86 km/h

Running performance: 5:11 min/km

Rank in course/Total: 59 (of 149)

Rank in course/Men: 55 (of 107)

Best time in course: 33:05

Rank in category: 5(of 10)

Best time in the category: 38:27

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	23:22	5:41	4	3:49	36	7:07	4.10	23:22	5:41	5	3:31	55	7:07
Loddenke	2.20	10:26	4:44	5	2:31	57	3:44	6.30	33:48	5:21	5	6:02	42	10:51
Ilsenburg/Markt	3.30	15:56	4:49	7	5:15	70	5:48	9.60	49:44	5:10	5	11:17	55	16:39