



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Lück, Thomas

Club: Magdeburg
Number: 598

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M20

Total time: 51:24

Speed: 10.51 km/h
Running performance: 5:21 min/km

Rank in course/Total: 71 (of 149)

Rank in course/Men: 64 (of 107)

Best time in course: 33:05

Rank in category: 14(of 15)

Best time in the category: 33:05

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	25:43	6:16	14	9:28	65	9:28	4.10	25:43	6:16	14	9:28	64	9:28
Loddenke	2.20	10:42	4:51	14	4:00	68	4:00	6.30	36:25	5:46	14	13:28	64	13:28
Ilsenburg/Markt	3.30	14:59	4:32	14	4:51	61	4:51	9.60	51:24	5:21	14	18:19	64	18:19