



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Fricke, Klaus**

Club: TSV Bredelem

Number: 583

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M60

Total time: 51:51

Speed: 10.41 km/h

Running performance: 5:24 min/km

Rank in course/Total: 75 (of 149)

Rank in course/Men: 67 (of 107)

Best time in course: 33:05

Rank in category: 2(of 7)

Best time in the category: 46:10

### 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	25:43	6:16	2	2:07	65	9:28	4.10	25:43	6:16	2	2:07	64	9:28
Loddenke	2.20	10:28	4:45	2	0:45	60	3:46	6.30	36:11	5:44	2	2:52	67	13:14
Ilsenburg/Markt	3.30	15:40	4:44	2	2:49	68	5:32	9.60	51:51	5:24	2	5:41	67	18:46