



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Klinger, Marco

Club: Ilseburg

Number: 686

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 52:27

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 78 (of 149)

Rank in course/Men: 69 (of 107)

Best time in course: 33:05

Rank in category: 11(of 13)

Best time in the category: 37:16

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	26:19	6:25	11	8:24	71	10:04	4.10	26:19	6:25	11	8:24	69	10:04
Loddenke	2.20	10:54	4:57	11	3:09	70	4:12	6.30	37:13	5:54	11	11:13	69	14:16
Ilseburg/Markt	3.30	15:14	4:36	11	3:58	65	5:06	9.60	52:27	5:27	11	15:11	69	19:22