



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Lippmann, Stefan

Club: Wernigerode

Number: 687

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 53:27

Speed: 10.10 km/h

Running performance: 5:34 min/km

Rank in course/Total: 83 (of 149)

Rank in course/Men: 71 (of 107)

Best time in course: 33:05

Rank in category: 8(of 13)

Best time in the category: 40:23

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	26:28	6:27	9	6:36	72	10:13	4.10	26:28	6:27	8	6:36	71	10:13
Loddenke	2.20	10:45	4:53	8	2:10	69	4:03	6.30	37:13	5:54	8	8:46	69	14:16
Ilsenburg/Markt	3.30	16:14	4:55	8	4:18	72	6:06	9.60	53:27	5:34	8	13:04	71	20:22