



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ratschke, Rico

Club: SV Victoria Breddin

Number: 688

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 55:33

Speed: 9.72 km/h

Running performance: 5:47 min/km

Rank in course/Total: 87 (of 149)

Rank in course/Men: 74 (of 107)

Best time in course: 33:05

Rank in category: 9(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	25:31	6:13	6	5:39	60	9:16	4.10	25:31	6:13	9	5:39	74	9:16
Loddenke	2.20	10:56	4:58	9	2:21	71	4:14	6.30	36:27	5:47	9	8:00	74	13:30
Ilsenburg/Markt	3.30	19:06	5:47	12	7:10	100	8:58	9.60	55:33	5:47	9	15:10	74	22:28