



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Schmücker, Ernst Joachim

Club: HSV Medizin Magdeburg
 Number: 627

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M70

Total time: 55:55

Speed: 10.30 km/h
 Running performance: 5:49 min/km

Rank in course/Total: 88 (of 149)

Rank in course/Men: 75 (of 107)

Best time in course: 33:05

Rank in category: 2(of 5)

Best time in the category: 49:19

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	29:10	7:06	2	4:41	85	12:55	4.10	29:10	7:06	2	4:41	75	12:55
Loddenke	2.20	11:08	5:03	2	1:09	75	4:26	6.30	40:18	6:23	2	5:50	75	17:21
Ilsenburg/Markt	3.30	15:37	4:43	2	0:46	67	5:29	9.60	55:55	5:49	2	6:36	75	22:50