



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ließmann, Gerald

Club: Ilsenburg

Number: 579

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M50

Total time: 56:10

Speed: 9.61 km/h

Running performance: 5:51 min/km

Rank in course/Total: 90 (of 149)

Rank in course/Men: 76 (of 107)

Best time in course: 33:05

Rank in category: 6(of 8)

Best time in the category: 40:37

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	27:28	6:41	6	7:51	76	11:13	4.10	27:28	6:41	6	7:51	76	11:13
Loddenke	2.20	11:55	5:24	6	3:39	84	5:13	6.30	39:23	6:15	6	11:30	76	16:26
Ilsenburg/Markt	3.30	16:47	5:05	5	4:03	78	6:39	9.60	56:10	5:51	6	15:33	76	23:05