



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Ließmann, Gerald

Club: Ilseburg

Number: 579

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M50

Total time: 56:10

Speed: 10.26 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 |
| Ilseburg/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 |