



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Bauer, Ralf

Club: Physioteam Wernigerode

Number: 600

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M40

Total time: 57:04

Speed: 9.46 km/h

Running performance: 5:56 min/km

Rank in course/Total: 97 (of 149)

Rank in course/Men: 81 (of 107)

Best time in course: 33:05

Rank in category: 11(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	30:13	7:22	12	10:21	93	13:58	4.10	30:13	7:22	11	10:21	81	13:58
Loddenke	2.20	11:01	5:00	10	2:26	73	4:19	6.30	41:14	6:32	11	12:47	81	18:17
Ilseburg/Markt	3.30	15:50	4:47	6	3:54	69	5:42	9.60	57:04	5:56	11	16:41	81	23:59