



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

Fricke, Hermann

Club: SV Arminia Klein-Döhren  
Number: 584

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M60

Total time: 57:38

Speed: 9.37 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 98 (of 149)

Rank in course/Men: 82 (of 107)

Best time in course: 33:05

Rank in category: 3(of 7)

Best time in the category: 46:10

## Intermediate times

## Stage score

## Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:15	6:53	3	4:39	79	12:00	4.10	28:15	6:53	3	4:39	82	12:00
Loddenke	2.20	12:36	5:43	5	2:53	95	5:54	6.30	40:51	6:29	3	7:32	82	17:54
Ilsenburg/Markt	3.30	16:47	5:05	3	3:56	78	6:39	9.60	57:38	6:00	3	11:28	82	24:33