



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Heinz, Karl

Club: Veckenstedt
Number: 665

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M55

Total time: 58:09

Speed: 9.29 km/h
Running performance: 6:04 min/km

Rank in course/Total: 100 (of 149)

Rank in course/Men: 84 (of 107)

Best time in course: 33:05

Rank in category: 4(of 7)

Best time in the category: 38:02

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	28:43	7:00	5	10:00	84	12:28	4.10	28:43	7:00	4	10:00	84	12:28
Loddenke	2.20	11:36	5:16	4	3:42	77	4:54	6.30	40:19	6:23	4	13:42	84	17:22
Ilsenburg/Markt	3.30	17:50	5:24	5	6:25	91	7:42	9.60	58:09	6:03	4	20:07	84	25:04