



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Bollmann, Manfred

Club: Ilsenburg
Number: 690

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M55

Total time: 58:49

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 103 (of 149)

Rank in course/Men: 86 (of 107)

Best time in course: 33:05

Rank in category: 5(of 7)

Best time in the category: 38:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Ilsestein	4.10	28:28	6:56	4	9:45	81	12:13	4.10	28:28	6:56	5	9:45	86	12:13
Loddenke	2.20	12:31	5:41	7	4:37	93	5:49	6.30	40:59	6:30	5	14:22	86	18:02
Ilsenburg/Markt	3.30	17:50	5:24	5	6:25	91	7:42	9.60	58:49	6:07	5	20:47	86	25:44