



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

**Nagel, Wolfgang**

Total time: 59:05

Number: 647

Speed: 9.14 km/h

Running performance: 6:09 min/km

Course: 9.60 km

Rank in course/Total: 106 (of 149)

Ilsesteinlauf

Rank in course/Men: 87 (of 107)

Best time in course: 33:05

Category:

Rank in category: 2(of 6)

Männer M65

Best time in the category: 46:38

### 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	30:23	7:24	5	7:03	94	14:08	4.10	30:23	7:24	2	7:03	87	14:08
Loddenke	2.20	11:38	5:17	2	1:58	78	4:56	6.30	42:01	6:40	2	9:01	87	19:04
Ilseburg/Markt	3.30	17:04	5:10	2	3:26	82	6:56	9.60	59:05	6:09	2	12:27	87	26:00