



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Louda, Rainer**

Club: SV Medizin Quedlinburg

Number: 640

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 59:25

Speed: 9.09 km/h

Running performance: 6:11 min/km

Rank in course/Total: 107 (of 149)

Rank in course/Men: 88 (of 107)

Best time in course: 33:05

Rank in category: 12(of 13)

Best time in the category: 37:16

## 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	29:41	7:14	12	11:46	88	13:26	4.10	29:41	7:14	12	11:46	88	13:26
Loddenke	2.20	12:31	5:41	13	4:46	93	5:49	6.30	42:12	6:41	12	16:12	88	19:15
Ilsenburg/Markt	3.30	17:13	5:13	13	5:57	87	7:05	9.60	59:25	6:11	12	22:09	88	26:20