



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Mittelstädt, Rudolf

Club: Brockenlaufverein
Number: 575

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M70

Total time: 59:53

Speed: 9.02 km/h
Running performance: 6:14 min/km

Rank in course/Total: 109 (of 149)

Rank in course/Men: 89 (of 107)

Best time in course: 33:05

Rank in category: 3(of 5)

Best time in the category: 49:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	29:58	7:18	3	5:29	92	13:43	4.10	29:58	7:18	3	5:29	89	13:43	
Loddenke	2.20	12:17	5:34	4	2:18	88	5:35	6.30	42:15	6:42	3	7:47	89	19:18	
Ilsenburg/Markt	3.30	17:38	5:20	4	2:47	89	7:30	9.60	59:53	6:14	3	10:34	89	26:48	