



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Stahl, Lothar**

Club: ESV 49 Angermünde -Die Lokvögel-  
Number: 558

Course: 9.60 km  
Ilsesteinlauf

Category:  
Männer M70

Total time: 1:00:16

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 112 (of 149)

Rank in course/Men: 90 (of 107)

Best time in course: 33:05

Rank in category: 4(of 5)

Best time in the category: 49:19

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Ilsestein       | 4.10        | 31:47         | 7:45            | 4           | 7:18           | 100         | 15:32         | 4.10  | 31:47   | 7:45            | 4           | 7:18           | 90            | 15:32         |
| Loddenke        | 2.20        | 12:06         | 5:29            | 3           | 2:07           | 87          | 5:24          | 6.30  | 43:53   | 6:57            | 4           | 9:25           | 90            | 20:56         |
| Ilsenburg/Markt | 3.30        | 16:23         | 4:57            | 3           | 1:32           | 75          | 6:15          | 9.60  | 1:00:16 | 6:16            | 4           | 10:57          | 90            | 27:11         |