



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: 8.96 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind 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