



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Röthing, Jens

Club: König-Fitness
Number: 663

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M50

Total time: 1:00:19

Speed: 8.95 km/h
Running performance: 6:17 min/km

Rank in course/Total: 113 (of 149)

Rank in course/Men: 91 (of 107)

Best time in course: 33:05

Rank in category: 7(of 8)

Best time in the category: 40:37

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	29:34	7:12	7	9:57	87	13:19	4.10	29:34	7:12	7	9:57	91	13:19
Loddenke	2.20	12:25	5:38	7	4:09	91	5:43	6.30	41:59	6:39	7	14:06	91	19:02
Ilsenburg/Markt	3.30	18:20	5:33	7	5:36	95	8:12	9.60	1:00:19	6:16	7	19:42	91	27:14