



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Holz, Volker

Club: Derenburg

Number: 571

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M45

Total time: 1:00:32

Speed: 8.92 km/h

Running performance: 6:19 min/km

Rank in course/Total: 115 (of 149)

Rank in course/Men: 92 (of 107)

Best time in course: 33:05

Rank in category: 13(of 13)

Best time in the category: 37:16

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	31:25	7:39	13	13:30	99	15:10	4.10	31:25	7:39	13	13:30	92	15:10
Loddenke	2.20	11:58	5:26	12	4:13	85	5:16	6.30	43:23	6:53	13	17:23	92	20:26
Ilsenburg/Markt	3.30	17:09	5:11	12	5:53	85	7:01	9.60	1:00:32	6:18	13	23:16	92	27:27