



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Sendrowski, Günther

Number: 621

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M55

Total time: 1:00:37

Speed: 8.91 km/h

Running performance: 6:19 min/km

Rank in course/Total: 117 (of 149)

Rank in course/Men: 94 (of 107)

Best time in course: 33:05

Rank in category: 6(of 7)

Best time in the category: 38:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	30:55	7:32	6	12:12	97	14:40	4.10	30:55	7:32	6	12:12	94	14:40
Loddenke	2.20	12:30	5:40	6	4:36	92	5:48	6.30	43:25	6:53	6	16:48	94	20:28
Ilsenburg/Markt	3.30	17:12	5:12	4	5:47	86	7:04	9.60	1:00:37	6:18	6	22:35	94	27:32