



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Becker, Günter

Club: HSV Medizin Magdeburg

Number: 569

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M60

Total time: 1:00:51

Speed: 8.87 km/h

Running performance: 6:20 min/km

Rank in course/Total: 119 (of 149)

Rank in course/Men: 95 (of 107)

Best time in course: 33:05

Rank in category: 5(of 7)

Best time in the category: 46:10

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	28:39	6:59	5	5:03	83	12:24	4.10	28:39	6:59	5	5:03	95	12:24
Loddenke	2.20	11:38	5:17	3	1:55	78	4:56	6.30	40:17	6:23	5	6:58	95	17:20
Ilsenburg/Markt	3.30	20:34	6:13	6	7:43	104	10:26	9.60	1:00:51	6:20	5	14:41	95	27:46