



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Hänsch, Jochen

Club: LG Hasserode

Number: 552

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M65

Total time: 1:02:11

Speed: 8.68 km/h

Running performance: 6:29 min/km

Rank in course/Total: 126 (of 149)

Rank in course/Men: 97 (of 107)

Best time in course: 33:05

Rank in category: 3(of 6)

Best time in the category: 46:38

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	29:46	7:15	2	6:26	89	13:31	4.10	29:46	7:15	3	6:26	97	13:31
Loddenke	2.20	12:05	5:29	3	2:25	86	5:23	6.30	41:51	6:38	3	8:51	97	18:54
Ilsenburg/Markt	3.30	20:20	6:09	6	6:42	103	10:12	9.60	1:02:11	6:28	3	15:33	97	29:06