



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Rißmann, Marcus

Club: König-Fitness

Number: 664

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M20

Total time: 1:02:22

Speed: 9.24 km/h

Running performance: 6:30 min/km

Rank in course/Total: 128 (of 149)

Rank in course/Men: 98 (of 107)

Best time in course: 33:05

Rank in category: 15(of 15)

Best time in the category: 33:05

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	30:33	7:27	15	14:18	96	14:18	4.10	30:33	7:27	15	14:18	98	14:18
Loddenke	2.20	13:53	6:18	15	7:11	104	7:11	6.30	44:26	7:03	15	21:29	98	21:29
Ilsenburg/Markt	3.30	17:56	5:26	15	7:48	94	7:48	9.60	1:02:22	6:29	15	29:17	98	29:17