



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Brenzel, Dr. Ullrich

Club: Rennsteiglaufverein

Number: 626

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M65

Total time: 1:02:36

Speed: 8.63 km/h

Running performance: 6:31 min/km

Rank in course/Total: 129 (of 149)

Rank in course/Men: 99 (of 107)

Best time in course: 33:05

Rank in category: 4(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	29:50	7:16	3	6:30	90	13:35	4.10	29:50	7:16	4	6:30	99	13:35
Loddenke	2.20	13:47	6:15	6	4:07	102	7:05	6.30	43:37	6:55	4	10:37	99	20:40
Ilsenburg/Markt	3.30	18:59	5:45	3	5:21	98	8:51	9.60	1:02:36	6:31	4	15:58	99	29:31