



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Brenzel, Dr. Lothar

Club: Rennsteiglaufverein

Number: 625

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M65

Total time: 1:02:37

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 130 (of 149)

Rank in course/Men: 100 (of 107)

Best time in course: 33:05

Rank in category: 5(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	29:52	7:17	4	6:32	91	13:37	4.10	29:52	7:17	5	6:32	100	13:37
Loddenke	2.20	13:45	6:14	5	4:05	101	7:03	6.30	43:37	6:55	4	10:37	99	20:40
Ilsenburg/Markt	3.30	19:00	5:45	4	5:22	99	8:52	9.60	1:02:37	6:31	5	15:59	100	29:32