



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Dehmel, Egon

Club: Brockenlaufverein

Number: 607

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M75

Total time: 1:02:59

Speed: 8.57 km/h

Running performance: 6:34 min/km

Rank in course/Total: 132 (of 149)

Rank in course/Men: 101 (of 107)

Best time in course: 33:05

Rank in category: 1(of 1)

Best time in the category: 1:02:59

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	31:05	7:34	1	-	98	14:50	4.10	31:05	7:34	1	-	101	14:50
Loddenke	2.20	13:28	6:07	1	-	99	6:46	6.30	44:33	7:04	1	-	101	21:36
Ilsenburg/Markt	3.30	18:26	5:35	1	-	96	8:18	9.60	1:02:59	6:33	1	-	101	29:54