



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Lautenschläger, Bernd

Club: Brockenlaufverein
Number: 585

Course: 9.60 km
Ilsesteinlauf

Category:
Männer M65

Total time: 1:05:02

Speed: 8.86 km/h
Running performance: 6:46 min/km

Rank in course/Total: 136 (of 149)

Rank in course/Men: 102 (of 107)

Best time in course: 33:05

Rank in category: 6(of 6)

Best time in the category: 46:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	32:54	8:01	6	9:34	102	16:39	4.10	32:54	8:01	6	9:34	102	16:39
Loddenke	2.20	12:55	5:52	4	3:15	97	6:13	6.30	45:49	7:16	6	12:49	102	22:52
Ilsenburg/Markt	3.30	19:13	5:49	5	5:35	101	9:05	9.60	1:05:02	6:46	6	18:24	102	31:57