



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Schröer, Ralf

Club: Querfurt OT Lodersleben

Number: 582

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M50

Total time: 1:06:11

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 138 (of 149)

Rank in course/Men: 103 (of 107)

Best time in course: 33:05

Rank in category: 8(of 8)

Best time in the category: 40:37

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	33:01	8:03	8	13:24	104	16:46	4.10	33:01	8:03	8	13:24	103	16:46
Loddenke	2.20	13:56	6:19	8	5:40	105	7:14	6.30	46:57	7:27	8	19:04	103	24:00
Ilsenburg/Markt	3.30	19:14	5:49	8	6:30	102	9:06	9.60	1:06:11	6:53	8	25:34	103	33:06