



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Lehmann, Wolf-Dieter

Club: Rennsteiglaufverein

Number: 677

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M60

Total time: 1:07:53

Speed: 7.95 km/h

Running performance: 7:04 min/km

Rank in course/Total: 142 (of 149)

Rank in course/Men: 104 (of 107)

Best time in course: 33:05

Rank in category: 6(of 7)

Best time in the category: 46:10

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	34:50	8:29	6	11:14	105	18:35	4.10	34:50	8:29	6	11:14	104	18:35
Loddenke	2.20	14:21	6:31	6	4:38	106	7:39	6.30	49:11	7:48	6	15:52	104	26:14
Ilsenburg/Markt	3.30	18:42	5:40	5	5:51	97	8:34	9.60	1:07:53	7:04	6	21:43	104	34:48