



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Niespor, René

Club: SV Prießnitz e.V.
 Number: 562

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M40

Total time: 1:08:30

Speed: 7.88 km/h
 Running performance: 7:08 min/km

Rank in course/Total: 143 (of 149)

Rank in course/Men: 105 (of 107)

Best time in course: 33:05

Rank in category: 13(of 13)

Best time in the category: 40:23

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	33:00	8:02	13	13:08	103	16:45	4.10	33:00	8:02	13	13:08	105	16:45
Loddenke	2.20	13:47	6:15	13	5:12	102	7:05	6.30	46:47	7:25	13	18:20	105	23:50
Ilsenburg/Markt	3.30	21:43	6:34	13	9:47	106	11:35	9.60	1:08:30	7:08	13	28:07	105	35:25