



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Franke, Franz

Club: Loderslebner Sportverein e.V.

Number: 580

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M70

Total time: 1:09:39

Speed: 7.75 km/h

Running performance: 7:16 min/km

Rank in course/Total: 144 (of 149)

Rank in course/Men: 106 (of 107)

Best time in course: 33:05

Rank in category: 5(of 5)

Best time in the category: 49:19

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	35:21	8:37	5	10:52	106	19:06	4.10	35:21	8:37	5	10:52	106	19:06	
Loddenke	2.20	13:37	6:11	5	3:38	100	6:55	6.30	48:58	7:46	5	14:30	106	26:01	
Ilsenburg/Markt	3.30	20:41	6:16	5	5:50	105	10:33	9.60	1:09:39	7:15	5	20:20	106	36:34	