



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Riechelmann, Heiner

Club: LCB Laufclub Burgwedel

Number: 576

Course: 9.60 km

Ilsesteinlauf

Category:

Männer M60

Total time: 1:24:30

Speed: 6.82 km/h

Running performance: 8:48 min/km

Rank in course/Total: 149 (of 149)

Rank in course/Men: 107 (of 107)

Best time in course: 33:05

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	38:47	9:27	7	15:11	107	22:32	4.10	38:47	9:27	7	15:11	107	22:32
Loddenke	2.20	20:39	9:23	7	10:56	107	13:57	6.30	59:26	9:26	7	26:07	107	36:29
Ilsenburg/Markt	3.30	25:04	7:35	7	12:13	107	14:56	9.60	1:24:30	8:48	7	38:20	107	51:25