



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Nedderhoff, Bernd

Club: Lübbecker Berglöwen
Number: 390

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 1:57:52

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 8 (of 370)

Rank in course/Men: 8 (of 317)

Best time in course: 1:45:06

Rank in category: 1(of 51)

Best time in the category: 1:57:52

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
Loddenke	3.30	15:37	4:43	2	0:23	28	2:35	3.30	15:37	4:43	39		8	2:34
Schlüsie	3.10	16:25	5:17	1	-	12	2:30	6.40	32:02	5:00	39		8	4:34
Hermannsklippe	2.60	13:36	5:13	1	-	9	1:54	9.00	45:38	5:04	39		8	6:06
Brocken	3.10	22:24	7:13	1	-	11	3:23	12.10	1:08:02	5:37	39		8	8:04
Eiserner Handwe	3.60	13:32	3:45	1	-	7	1:04	15.70	1:21:34	5:11	39		8	9:08
Schlüsie	4.00	12:49	3:12	1	-	8	1:36	19.70	1:34:23	4:47	36		8	10:44
Loddenke	3.20	11:20	3:32	1	-	7	0:56	22.90	1:45:43	4:36	38		8	11:40
Ilseburg/Markt	3.30	12:09	3:40	1	-	6	1:06	26.20	1:57:52	4:29	1	-	8	12:46