



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 360

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:00:52

Speed: 13.01 km/h
Running performance: 4:37 min/km

Rank in course/Total: 12 (of 370)

Rank in course/Men: 12 (of 317)

Best time in course: 1:45:06

Rank in category: 6(of 47)

Best time in the category: 1:45:43

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
Loddenke	3.30	14:33	4:24	6	1:31	13	1:31	3.30	14:33	4:24	28		12	1:30
Schlüsie	3.10	16:13	5:13	6	2:04	11	2:18	6.40	30:46	4:48	28		12	3:18
Hermannsklippe	2.60	13:57	5:21	6	2:00	12	2:15	9.00	44:43	4:58	28		12	5:11
Brocken	3.10	23:21	7:31	5	3:16	15	4:20	12.10	1:08:04	5:37	28		12	8:06
Eiserner Handwe	3.60	14:29	4:01	6	1:57	10	2:01	15.70	1:22:33	5:15	28		12	10:07
Schlüsie	4.00	13:10	3:17	5	1:42	10	1:57	19.70	1:35:43	4:51	27		12	12:04
Loddenke	3.20	11:57	3:44	6	1:26	12	1:33	22.90	1:47:40	4:42	28		11	13:37
Ilseburg/Markt	3.30	13:12	4:00	8	1:49	18	2:09	26.20	2:00:52	4:36	6	15:09	12	15:46