



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Walgers, Arien

Club: Dasseler SC
Number: 301

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:07:38

Speed: 12.22 km/h
Running performance: 4:52 min/km

Rank in course/Total: 21 (of 370)

Rank in course/Men: 20 (of 317)

Best time in course: 1:45:06

Rank in category: 8(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	15:59	4:50	11	2:57	31	2:57	3.30	15:59	4:50	30		20	2:56
Schlüsie	3.10	17:44	5:43	10	3:35	35	3:49	6.40	33:43	5:16	30		20	6:15
Hermannsklippe	2.60	14:49	5:41	9	2:52	27	3:07	9.00	48:32	5:23	30		20	9:00
Brocken	3.10	25:08	8:06	10	5:03	30	6:07	12.10	1:13:40	6:05	30		20	13:42
Eiserner Handwe	3.60	15:16	4:14	8	2:44	23	2:48	15.70	1:28:56	5:39	30		20	16:30
Schlüsie	4.00	13:43	3:25	8	2:15	18	2:30	19.70	1:42:39	5:12	29		20	19:00
Loddenke	3.20	12:00	3:45	7	1:29	13	1:36	22.90	1:54:39	5:00	30		20	20:36
Ilseburg/Markt	3.30	12:59	3:56	7	1:36	15	1:56	26.20	2:07:38	4:52	8	21:55	20	22:32