



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

**Stenzel, Dierk**

Club: Jogging-Group Schöneberg  
Number: 62

Course: 26.20 km  
Brockenlauf

Category:  
Männer M50

Total time: 2:08:54

Speed: 12.10 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 23 (of 370)

Rank in course/Men: 22 (of 317)

Best time in course: 1:45:06

Rank in category: 2(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	16:39	5:02	6	1:25	49	3:37	3.30	16:39	5:02	27		22	3:36
Schlüsie	3.10	17:41	5:42	2	1:16	33	3:46	6.40	34:20	5:21	27		22	6:52
Hermannsklippe	2.60	14:36	5:36	2	1:00	25	2:54	9.00	48:56	5:26	27		22	9:24
Brocken	3.10	25:01	8:04	2	2:37	28	6:00	12.10	1:13:57	6:06	27		22	13:59
Eiserner Handwe	3.60	14:40	4:04	2	1:08	14	2:12	15.70	1:28:37	5:38	27		22	16:11
Schlüsie	4.00	13:34	3:23	2	0:45	15	2:21	19.70	1:42:11	5:11	25		22	18:32
Loddenke	3.20	12:46	3:59	2	1:26	28	2:22	22.90	1:54:57	5:01	27		22	20:54
Ilseburg/Markt	3.30	13:57	4:13	5	1:48	37	2:54	26.20	2:08:54	4:55	2	11:02	22	23:48