



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Raulfs, Thorsten

Club: Post SV Holzminden  
Number: 33

Course: 26.20 km  
Brockenlauf

Category:  
Männer M35

Total time: 2:10:02

Speed: 12.00 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 28 (of 370)

Rank in course/Men: 27 (of 317)

Best time in course: 1:45:06

Rank in category: 2(of 30)

Best time in the category: 1:51:25

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	15:59	4:50	4	2:13	31	2:57	3.30	15:59	4:50	30		20	2:56
Schlüsie	3.10	17:21	5:35	2	1:59	24	3:26	6.40	33:20	5:12	30		27	5:52
Hermannsklippe	2.60	14:18	5:30	2	1:38	20	2:36	9.00	47:38	5:17	30		27	8:06
Brocken	3.10	25:14	8:08	4	4:29	33	6:13	12.10	1:12:52	6:01	30		27	12:54
Eiserner Handwe	3.60	15:42	4:21	4	2:28	35	3:14	15.70	1:28:34	5:38	29		27	16:08
Schlüsie	4.00	14:46	3:41	4	2:28	38	3:33	19.70	1:43:20	5:14	28		27	19:41
Loddenke	3.20	12:43	3:58	4	1:37	26	2:19	22.90	1:56:03	5:04	29		27	22:00
Ilseburg/Markt	3.30	13:59	4:14	7	1:45	40	2:56	26.20	2:10:02	4:57	2	18:37	27	24:56