



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Cherek, Uwe

Club: TH Eilbeck Roadrunnerteam

Number: 27

Course: 26.20 km

Brockenlauf

Category:

Männer M40

Total time: 2:10:29

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 31 (of 370)

Rank in course/Men: 30 (of 317)

Best time in course: 1:45:06

Rank in category: 12(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	15:13	4:36	7	2:11	22	2:11	3.30	15:13	4:36	33		29	2:10
Schlüsie	3.10	17:34	5:39	9	3:25	27	3:39	6.40	32:47	5:07	33		29	5:19
Hermannsklippe	2.60	14:53	5:43	10	2:56	29	3:11	9.00	47:40	5:17	33		29	8:08
Brocken	3.10	24:08	7:47	7	4:03	20	5:07	12.10	1:11:48	5:56	33		29	11:50
Eiserner Handwe	3.60	15:18	4:15	9	2:46	24	2:50	15.70	1:27:06	5:32	33		29	14:40
Schlüsie	4.00	14:07	3:31	9	2:39	21	2:54	19.70	1:41:13	5:08	32		19	17:34
Loddenke	3.20	13:24	4:11	14	2:53	47	3:00	22.90	1:54:37	5:00	33		29	20:34
Ilseburg/Markt	3.30	15:52	4:48	18	4:29	98	4:49	26.20	2:10:29	4:58	12	24:46	30	25:23