



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Rebitzky, Rafael

Club: Delligser SC
Number: 190

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 2:10:46

Speed: 12.02 km/h
Running performance: 4:59 min/km

Rank in course/Total: 32 (of 370)

Rank in course/Men: 31 (of 317)

Best time in course: 1:45:06

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:31	5:18	12	3:45	84	4:29	3.30	17:31	5:18	29	0:19	30	4:28
Schlüsie	3.10	18:31	5:58	10	3:09	56	4:36	6.40	36:02	5:37	21		30	8:34
Hermannsklippe	2.60	15:17	5:52	5	2:37	39	3:35	9.00	51:19	5:42	29		30	11:47
Brocken	3.10	25:08	8:06	3	4:23	30	6:07	12.10	1:16:27	6:19	29		30	16:29
Eiserner Handwe	3.60	15:21	4:15	2	2:07	27	2:53	15.70	1:31:48	5:50	28		30	19:22
Schlüsie	4.00	13:44	3:25	2	1:26	19	2:31	19.70	1:45:32	5:21	27		30	21:53
Loddenke	3.20	12:16	3:50	2	1:10	18	1:52	22.90	1:57:48	5:08	28		30	23:45
Ilseburg/Markt	3.30	12:58	3:55	2	0:44	14	1:55	26.20	2:10:46	4:59	3	19:21	31	25:40