



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Wiedig, Michael

Club: Aschersleben
Number: 382

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:12:02

Speed: 11.82 km/h
Running performance: 5:02 min/km

Rank in course/Total: 36 (of 370)

Rank in course/Men: 35 (of 317)

Best time in course: 1:45:06

Rank in category: 4(of 23)

Best time in the category: 2:00:20

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	16:06	4:52	5	2:19	35	3:04	3.30	16:06	4:52	21		34	3:03
Schlüsie	3.10	18:16	5:53	5	2:31	48	4:21	6.40	34:22	5:22	21		34	6:54
Hermannsklippe	2.60	15:41	6:01	6	2:29	53	3:59	9.00	50:03	5:33	21		34	10:31
Brocken	3.10	26:08	8:25	5	3:58	41	7:07	12.10	1:16:11	6:17	21		34	16:13
Eiserner Handwe	3.60	15:23	4:16	4	0:45	28	2:55	15.70	1:31:34	5:49	21		34	19:08
Schlüsie	4.00	14:08	3:31	3	1:27	23	2:55	19.70	1:45:42	5:21	21		34	22:03
Loddenke	3.20	12:38	3:56	2	0:02	23	2:14	22.90	1:58:20	5:10	21		34	24:17
Ilseburg/Markt	3.30	13:42	4:09	3	0:24	30	2:39	26.20	2:12:02	5:02	4	11:42	35	26:56