



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Dietrich, Rene

Club: Bundeswehr Blankenburg

Number: 292

Course: 26.20 km

Brockenlauf

Category:

Männer M30

Total time: 2:13:59

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 41 (of 370)

Rank in course/Men: 40 (of 317)

Best time in course: 1:45:06

Rank in category: 5(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	15:38	4:44	3	1:51	30	2:36	3.30	15:38	4:44	20		39	2:35
Schlüsie	3.10	17:55	5:46	4	2:10	41	4:00	6.40	33:33	5:14	20		39	6:05
Hermannsklippe	2.60	15:16	5:52	4	2:04	38	3:34	9.00	48:49	5:25	20		39	9:17
Brocken	3.10	25:30	8:13	4	3:20	35	6:29	12.10	1:14:19	6:08	20		39	14:21
Eiserner Handwe	3.60	16:08	4:28	5	1:30	41	3:40	15.70	1:30:27	5:45	20		39	18:01
Schlüsie	4.00	15:22	3:50	7	2:41	56	4:09	19.70	1:45:49	5:22	20		39	22:10
Loddenke	3.20	13:49	4:19	5	1:13	63	3:25	22.90	1:59:38	5:13	20		39	25:35
Ilseburg/Markt	3.30	14:21	4:20	4	1:03	46	3:18	26.20	2:13:59	5:06	5	13:39	40	28:53