



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Stahr, Axel

Club: TSV Lelm

Number: 203

Course: 26.20 km

Brockenlauf

Category:

Männer M40

Total time: 2:14:14

Speed: 11.62 km/h

Running performance: 5:07 min/km

Rank in course/Total: 43 (of 370)

Rank in course/Men: 42 (of 317)

Best time in course: 1:45:06

Rank in category: 13(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			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:28	5:17	16	4:26	83	4:26	3.30	17:28	5:17	23		41	4:25
Schlüsie	3.10	18:41	6:01	15	4:32	65	4:46	6.40	36:09	5:38	23		41	8:41
Hermannsklippe	2.60	15:22	5:54	12	3:25	43	3:40	9.00	51:31	5:43	23		41	11:59
Brocken	3.10	24:51	8:00	9	4:46	25	5:50	12.10	1:16:22	6:18	23		41	16:24
Eiserner Handwe	3.60	15:46	4:22	12	3:14	37	3:18	15.70	1:32:08	5:52	23		41	19:42
Schlüsie	4.00	14:18	3:34	11	2:50	28	3:05	19.70	1:46:26	5:24	22		41	22:47
Loddenke	3.20	13:01	4:04	12	2:30	35	2:37	22.90	1:59:27	5:12	23		41	25:24
Ilseburg/Markt	3.30	14:47	4:28	14	3:24	57	3:44	26.20	2:14:14	5:07	13	28:31	42	29:08