



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Scheffler, Stephan

Club: Oerzen  
Number: 201

Course: 26.20 km  
Brockenlauf

Category:  
Männer M20

Total time: 2:15:51

Speed: 11.48 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 51 (of 370)

Rank in course/Men: 49 (of 317)

Best time in course: 1:45:06

Rank in category: 6(of 22)

Best time in the category: 1:45:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:05	4:34	6	2:03	20	2:03	3.30	15:05	4:34	18		47	2:02
Schlüsie	3.10	17:54	5:46	6	3:59	40	3:59	6.40	32:59	5:09	18		47	5:31
Hermannsklippe	2.60	15:18	5:53	7	3:36	40	3:36	9.00	48:17	5:21	18		47	8:45
Brocken	3.10	25:06	8:05	6	6:05	29	6:05	12.10	1:13:23	6:03	18		23	13:25
Eiserner Handwe	3.60	17:12	4:46	8	4:44	70	4:44	15.70	1:30:35	5:46	18		47	18:09
Schlüsie	4.00	16:32	4:08	10	5:19	103	5:19	19.70	1:47:07	5:26	17		47	23:28
Loddenke	3.20	13:35	4:14	5	3:11	53	3:11	22.90	2:00:42	5:16	18		46	26:39
Ilseburg/Markt	3.30	15:09	4:35	8	4:06	72	4:06	26.20	2:15:51	5:11	6	30:45	49	30:45