



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Matthiesen, Erik

Club: Loegumkloster Loebemotion
Number: 19

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:17:12

Speed: 11.46 km/h
Running performance: 5:14 min/km

Rank in course/Total: 56 (of 370)

Rank in course/Men: 53 (of 317)

Best time in course: 1:45:06

Rank in category: 12(of 74)

Best time in the category: 2:01:21

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	16:50	5:06	14	2:32	58	3:48	3.30	16:50	5:06	44		42	3:47
Schlüsie	3.10	17:35	5:40	6	1:06	29	3:40	6.40	34:25	5:22	44		42	6:57
Hermannsklippe	2.60	15:19	5:53	10	1:18	41	3:37	9.00	49:44	5:31	44		51	10:12
Brocken	3.10	26:09	8:26	9	5:00	42	7:08	12.10	1:15:53	6:16	44		51	15:55
Eiserner Handwe	3.60	16:46	4:39	12	2:16	56	4:18	15.70	1:32:39	5:54	44		51	20:13
Schlüsie	4.00	14:58	3:44	10	1:29	43	3:45	19.70	1:47:37	5:27	41		51	23:58
Loddenke	3.20	13:51	4:19	15	1:57	64	3:27	22.90	2:01:28	5:18	44		51	27:25
Ilseburg/Markt	3.30	15:44	4:46	26	3:04	97	4:41	26.20	2:17:12	5:14	12	15:51	53	32:06