



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Harbart, Bernd

Club: LG Wennigsen
Number: 121

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:17:18

Speed: 11.36 km/h
Running performance: 5:14 min/km

Rank in course/Total: 57 (of 370)

Rank in course/Men: 54 (of 317)

Best time in course: 1:45:06

Rank in category: 16(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:00	5:09	13	3:58	66	3:58	3.30	17:00	5:09	36		52	3:57
Schlüsie	3.10	18:42	6:01	16	4:33	66	4:47	6.40	35:42	5:34	36		52	8:14
Hermannsklippe	2.60	15:47	6:04	15	3:50	59	4:05	9.00	51:29	5:43	36		52	11:57
Brocken	3.10	26:15	8:28	13	6:10	45	7:14	12.10	1:17:44	6:25	36		52	17:46
Eiserner Handwe	3.60	16:21	4:32	14	3:49	48	3:53	15.70	1:34:05	5:59	36		52	21:39
Schlüsie	4.00	14:26	3:36	14	2:58	32	3:13	19.70	1:48:31	5:30	35		52	24:52
Loddenke	3.20	13:29	4:12	15	2:58	49	3:05	22.90	2:02:00	5:19	36		52	27:57
Ilsenburg/Markt	3.30	15:18	4:38	17	3:55	74	4:15	26.20	2:17:18	5:14	16	31:35	54	32:12