



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Berkmann, Thomas

Club: RUNNING RIOT HANNOVER

Number: 214

Course: 26.20 km

Brockenlauf

Category:

Männer M40

Total time: 2:18:36

Speed: 11.26 km/h

Running performance: 5:17 min/km

Rank in course/Total: 60 (of 370)

Rank in course/Men: 56 (of 317)

Best time in course: 1:45:06

Rank in category: 17(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:27	5:17	15	4:25	80	4:25	3.30	17:27	5:17	37		54	4:24
Schlüsie	3.10	18:14	5:52	12	4:05	47	4:19	6.40	35:41	5:34	37		54	8:13
Hermannsklippe	2.60	15:34	5:59	13	3:37	49	3:52	9.00	51:15	5:41	37		54	11:43
Brocken	3.10	27:47	8:57	15	7:42	71	8:46	12.10	1:19:02	6:31	37		54	19:04
Eiserner Handwe	3.60	17:38	4:53	16	5:06	83	5:10	15.70	1:36:40	6:09	37		54	24:14
Schlüsie	4.00	14:49	3:42	15	3:21	39	3:36	19.70	1:51:29	5:39	36		54	27:50
Loddenke	3.20	13:10	4:06	13	2:39	41	2:46	22.90	2:04:39	5:26	37		54	30:36
Ilseburg/Markt	3.30	13:57	4:13	12	2:34	37	2:54	26.20	2:18:36	5:17	17	32:53	56	33:30