



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Raz, Andre

Club: Drübeck

Number: 178

Course: 26.20 km

Brockenlauf

Category:

Männer M30

Total time: 2:22:28

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 74 (of 370)

Rank in course/Men: 70 (of 317)

Best time in course: 1:45:06

Rank in category: 7(of 23)

Best time in the category: 2:00:20

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	18:22	5:33	10	4:35	120	5:20	3.30	18:22	5:33	18		68	5:19
Schlüsie	3.10	19:38	6:19	12	3:53	100	5:43	6.40	38:00	5:56	18		68	10:32
Hermannsklippe	2.60	15:47	6:04	7	2:35	59	4:05	9.00	53:47	5:58	18		68	14:15
Brocken	3.10	28:18	9:07	8	6:08	82	9:17	12.10	1:22:05	6:47	18		68	22:07
Eiserner Handwe	3.60	17:05	4:44	7	2:27	66	4:37	15.70	1:39:10	6:18	18		68	26:44
Schlüsie	4.00	14:59	3:44	6	2:18	44	3:46	19.70	1:54:09	5:47	18		68	30:30
Loddenke	3.20	13:17	4:09	4	0:41	43	2:53	22.90	2:07:26	5:33	18		68	33:23
Ilseburg/Markt	3.30	15:02	4:33	5	1:44	68	3:59	26.20	2:22:28	5:26	7	22:08	70	37:22