



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Clemens, Horst

Club: LG Paderborn  
Number: 374

Course: 26.20 km  
Brockenlauf

Category:  
Männer M70

Total time: 2:23:10

Speed: 10.90 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 78 (of 370)

Rank in course/Men: 74 (of 317)

Best time in course: 1:45:06

Rank in category: 1(of 4)

Best time in the category: 2:23:10

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	17:16	5:13	1	-	72	4:14	3.30	17:16	5:13	1	-	72	4:13
Schlüsie	3.10	20:06	6:29	1	-	117	6:11	6.40	37:22	5:50	1	-	72	9:54
Hermannsklippe	2.60	17:04	6:33	1	-	102	5:22	9.00	54:26	6:02	1	-	72	14:54
Brocken	3.10	28:46	9:16	1	-	95	9:45	12.10	1:23:12	6:52	1	-	72	23:14
Eiserner Handwe	3.60	16:12	4:30	1	-	43	3:44	15.70	1:39:24	6:19	1	-	72	26:58
Schlüsie	4.00	15:17	3:49	1	-	53	4:04	19.70	1:54:41	5:49	1	-	72	31:02
Loddenke	3.20	13:47	4:18	1	-	61	3:23	22.90	2:08:28	5:36	1	-	72	34:25
Ilseburg/Markt	3.30	14:42	4:27	1	-	53	3:39	26.20	2:23:10	5:27	1	-	74	38:04