



41. Brockenlauf, 21. Ilsesteinlauf Ilseburg / 03.09.2011

Detailed evaluation

Riemenschneider, Lars

Club: Darlingerode

Number: 51

Course: 26.20 km

Brockenlauf

Category:

Männer M20

Total time: 2:26:20

Speed: 10.66 km/h

Running performance: 5:35 min/km

Rank in course/Total: 90 (of 370)

Rank in course/Men: 83 (of 317)

Best time in course: 1:45:06

Rank in category: 9(of 22)

Best time in the category: 1:45:06

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	18:02	5:27	12	5:00	104	5:00	3.30	18:02	5:27	15		81	4:59
Schlüsie	3.10	19:09	6:10	10	5:14	85	5:14	6.40	37:11	5:48	15		81	9:43
Hermannsklippe	2.60	16:34	6:22	10	4:52	87	4:52	9.00	53:45	5:58	15		81	14:13
Brocken	3.10	31:12	10:03	12	12:11	152	12:11	12.10	1:24:57	7:01	15	4:14	81	24:59
Eiserner Handwe	3.60	16:15	4:30	5	3:47	44	3:47	15.70	1:41:12	6:26	15		81	28:46
Schlüsie	4.00	15:32	3:53	7	4:19	62	4:19	19.70	1:56:44	5:55	14		81	33:05
Loddenke	3.20	14:06	4:24	8	3:42	73	3:42	22.90	2:10:50	5:42	15		81	36:47
Ilseburg/Markt	3.30	15:30	4:41	9	4:27	85	4:27	26.20	2:26:20	5:35	9	41:14	83	41:14