



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Rinke, Steven

Club: FSG Drübeck
Number: 232

Course: 26.20 km
Brockenlauf

Category:
Männer M20

Total time: 2:27:55

Speed: 10.63 km/h
Running performance: 5:39 min/km

Rank in course/Total: 99 (of 370)

Rank in course/Men: 90 (of 317)

Best time in course: 1:45:06

Rank in category: 10(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	17:10	5:12	10	4:08	69	4:08	3.30	17:10	5:12	14		88	4:07
Schlüsie	3.10	19:31	6:17	13	5:36	96	5:36	6.40	36:41	5:43	14		88	9:13
Hermannsklippe	2.60	17:09	6:35	11	5:27	104	5:27	9.00	53:50	5:58	14		88	14:18
Brocken	3.10	28:34	9:12	10	9:33	90	9:33	12.10	1:22:24	6:48	14	1:41	88	22:26
Eiserner Handwe	3.60	17:54	4:58	10	5:26	91	5:26	15.70	1:40:18	6:23	14		88	27:52
Schlüsie	4.00	16:21	4:05	9	5:08	93	5:08	19.70	1:56:39	5:55	13		88	33:00
Loddenke	3.20	14:46	4:36	9	4:22	97	4:22	22.90	2:11:25	5:44	14		88	37:22
Ilseburg/Markt	3.30	16:30	5:00	11	5:27	124	5:27	26.20	2:27:55	5:38	10	42:49	90	42:49