



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Mämecke, Maik

Club: Rennsteiglaufverein  
Number: 234

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:28:20

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 103 (of 370)

Rank in course/Men: 94 (of 317)

Best time in course: 1:45:06

Rank in category: 23(of 74)

Best time in the category: 2:01:21

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	17:43	5:22	21	3:25	92	4:41	3.30	17:43	5:22	69		92	4:40
Schlüsie	3.10	20:03	6:28	25	3:34	114	6:08	6.40	37:46	5:54	69		92	10:18
Hermannsklippe	2.60	17:10	6:36	22	3:09	107	5:28	9.00	54:56	6:06	69		92	15:24
Brocken	3.10	29:20	9:27	25	8:11	103	10:19	12.10	1:24:16	6:57	69		92	24:18
Eiserner Handwe	3.60	17:01	4:43	15	2:31	61	4:33	15.70	1:41:17	6:27	69		92	28:51
Schlüsie	4.00	15:52	3:58	17	2:23	70	4:39	19.70	1:57:09	5:56	64		92	33:30
Loddenke	3.20	15:07	4:43	28	3:13	107	4:43	22.90	2:12:16	5:46	69		92	38:13
Ilseburg/Markt	3.30	16:04	4:52	27	3:24	107	5:01	26.20	2:28:20	5:39	23	26:59	94	43:14