



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Hattwich, Stephan

Club: Beierstedt
Number: 315

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:28:21

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

Rank in course/Total: 104 (of 370)

Rank in course/Men: 95 (of 317)

Best time in course: 1:45:06

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:00	5:45	14	5:13	155	5:58	3.30	19:00	5:45	17		93	5:57
Schlüsie	3.10	18:57	6:06	7	3:12	76	5:02	6.40	37:57	5:55	16		93	10:29
Hermannsklippe	2.60	15:36	6:00	5	2:24	52	3:54	9.00	53:33	5:56	9		93	14:01
Brocken	3.10	26:10	8:26	6	4:00	43	7:09	12.10	1:19:43	6:35	17		93	19:45
Eiserner Handwe	3.60	18:45	5:12	11	4:07	115	6:17	15.70	1:38:28	6:16	17		93	26:02
Schlüsie	4.00	17:01	4:15	9	4:20	116	5:48	19.70	1:55:29	5:51	17		93	31:50
Loddenke	3.20	16:18	5:05	11	3:42	156	5:54	22.90	2:11:47	5:45	17		93	37:44
Ilseburg/Markt	3.30	16:34	5:01	10	3:16	125	5:31	26.20	2:28:21	5:39	8	28:01	95	43:15