



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Harms, Lars

Club: Bremerhaven  
Number: 58

Course: 26.20 km  
Brockenlauf

Category:  
Männer M30

Total time: 2:28:29

Speed: 10.51 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 107 (of 370)

Rank in course/Men: 97 (of 317)

Best time in course: 1:45:06

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:27	5:35	11	4:40	126	5:25	3.30	18:27	5:35	16		95	5:24
Schlüsie	3.10	19:30	6:17	11	3:45	95	5:35	6.40	37:57	5:55	16		93	10:29
Hermannsklippe	2.60	16:10	6:13	9	2:58	75	4:28	9.00	54:07	6:00	16		95	14:35
Brocken	3.10	27:04	8:43	7	4:54	55	8:03	12.10	1:21:11	6:42	16		95	21:13
Eiserner Handwe	3.60	18:11	5:03	8	3:33	96	5:43	15.70	1:39:22	6:19	16		95	26:56
Schlüsie	4.00	16:49	4:12	8	4:08	111	5:36	19.70	1:56:11	5:53	16		95	32:32
Loddenke	3.20	15:32	4:51	10	2:56	122	5:08	22.90	2:11:43	5:45	16		95	37:40
Ilseburg/Markt	3.30	16:46	5:04	11	3:28	134	5:43	26.20	2:28:29	5:40	9	28:09	97	43:23