



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten  
Number: 316

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:34:40

Speed: 10.09 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 129 (of 370)

Rank in course/Men: 116 (of 317)

Best time in course: 1:45:06

Rank in category: 31(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.	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	18:11	5:30	28	3:53	112	5:09	3.30	18:11	5:30	62		112	5:08
Schlüsie	3.10	19:12	6:11	21	2:43	87	5:17	6.40	37:23	5:50	62		112	9:55
Hermannsklippe	2.60	16:48	6:27	21	2:47	98	5:06	9.00	54:11	6:01	62		112	14:39
Brocken	3.10	30:51	9:57	34	9:42	140	11:50	12.10	1:25:02	7:01	62		112	25:04
Eiserner Handwe	3.60	18:37	5:10	28	4:07	108	6:09	15.70	1:43:39	6:36	62		112	31:13
Schlüsie	4.00	17:11	4:17	29	3:42	120	5:58	19.70	2:00:50	6:08	57		112	37:11
Loddenke	3.20	16:08	5:02	37	4:14	147	5:44	22.90	2:16:58	5:58	62		112	42:55
Ilseburg/Markt	3.30	17:42	5:21	46	5:02	172	6:39	26.20	2:34:40	5:54	31	33:19	116	49:34