



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Spomer, Lutz

Club: Delligser SC
Number: 83

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:35:01

Speed: 10.06 km/h
Running performance: 5:55 min/km

Rank in course/Total: 130 (of 370)

Rank in course/Men: 117 (of 317)

Best time in course: 1:45:06

Rank in category: 21(of 47)

Best time in the category: 1:45:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:59	5:45	28	5:57	154	5:57	3.30	18:59	5:45	41		113	5:56
Schlüsie	3.10	20:03	6:28	20	5:54	114	6:08	6.40	39:02	6:05	41		113	11:34
Hermannsklippe	2.60	17:17	6:38	22	5:20	111	5:35	9.00	56:19	6:15	41		113	16:47
Brocken	3.10	31:42	10:13	29	11:37	162	12:41	12.10	1:28:01	7:16	41		113	28:03
Eiserner Handwe	3.60	18:23	5:06	19	5:51	104	5:55	15.70	1:46:24	6:46	41		113	33:58
Schlüsie	4.00	16:24	4:05	19	4:56	98	5:11	19.70	2:02:48	6:14	40		113	39:09
Loddenke	3.20	15:29	4:50	23	4:58	117	5:05	22.90	2:18:17	6:02	41		113	44:14
Ilseburg/Markt	3.30	16:44	5:04	25	5:21	132	5:41	26.20	2:35:01	5:55	21	49:18	117	49:55