



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorfer Rennmäuse

Number: 205

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:35:55

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 135 (of 370)

Rank in course/Men: 122 (of 317)

Best time in course: 1:45:06

Rank in category: 32(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	17:23	5:16	19	3:05	76	4:21	3.30	17:23	5:16	61		76	4:20
Schlüsie	3.10	19:04	6:09	20	2:35	83	5:09	6.40	36:27	5:41	61		118	8:59
Hermannsklippe	2.60	17:48	6:50	31	3:47	136	6:06	9.00	54:15	6:01	61		118	14:43
Brocken	3.10	30:05	9:42	31	8:56	121	11:04	12.10	1:24:20	6:58	61		118	24:22
Eiserner Handwe	3.60	18:39	5:10	29	4:09	110	6:11	15.70	1:42:59	6:33	61		118	30:33
Schlüsie	4.00	17:23	4:20	30	3:54	126	6:10	19.70	2:00:22	6:06	56		91	36:43
Loddenke	3.20	18:34	5:48	51	6:40	217	8:10	22.90	2:18:56	6:04	61		118	44:53
Ilseburg/Markt	3.30	16:59	5:08	40	4:19	143	5:56	26.20	2:35:55	5:57	32	34:34	122	50:49