



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Steppe, Lutz

Club: Die weißen Kenianer
Number: 59

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:39:14

Speed: 9.80 km/h
Running performance: 6:05 min/km

Rank in course/Total: 158 (of 370)

Rank in course/Men: 142 (of 317)

Best time in course: 1:45:06

Rank in category: 34(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	18:17	5:32	29	3:59	113	5:15	3.30	18:17	5:32	59		138	5:14
Schlüsie	3.10	21:39	6:59	46	5:10	182	7:44	6.40	39:56	6:14	55		108	12:28
Hermannsklippe	2.60	19:22	7:26	45	5:21	198	7:40	9.00	59:18	6:35	59		138	19:46
Brocken	3.10	32:42	10:32	44	11:33	187	13:41	12.10	1:32:00	7:36	59	1:24	138	32:02
Eiserner Handwe	3.60	18:15	5:04	27	3:45	100	5:47	15.70	1:50:15	7:01	59		138	37:49
Schlüsie	4.00	16:59	4:14	28	3:30	114	5:46	19.70	2:07:14	6:27	54		138	43:35
Loddenke	3.20	15:38	4:53	32	3:44	127	5:14	22.90	2:22:52	6:14	59		138	48:49
Ilseburg/Markt	3.30	16:22	4:57	31	3:42	118	5:19	26.20	2:39:14	6:04	34	37:53	142	54:08