



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Rollwage, Stephan

Club: RSV-Germania-Heere
Number: 354

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:41:50

Speed: 9.64 km/h
Running performance: 6:11 min/km

Rank in course/Total: 171 (of 370)

Rank in course/Men: 152 (of 317)

Best time in course: 1:45:06

Rank in category: 23(of 51)

Best time in the category: 1:57:52

Intermediate times				Stage score				Total ranking						
Control	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	19:01	5:45	22	3:47	157	5:59	3.30	19:01	5:45	48		147	5:58
Schlüsie	3.10	21:55	7:04	25	5:30	190	8:00	6.40	40:56	6:23	48		147	13:28
Hermannsklippe	2.60	19:19	7:25	27	5:43	195	7:37	9.00	1:00:15	6:41	48		147	20:43
Brocken	3.10	33:43	10:52	32	11:19	217	14:42	12.10	1:33:58	7:45	48		147	34:00
Eiserner Handwe	3.60	18:55	5:15	17	5:23	122	6:27	15.70	1:52:53	7:11	48		147	40:27
Schlüsie	4.00	16:31	4:07	13	3:42	102	5:18	19.70	2:09:24	6:34	46		147	45:45
Loddenke	3.20	16:03	5:00	25	4:43	139	5:39	22.90	2:25:27	6:21	48		147	51:24
Ilsenburg/Markt	3.30	16:23	4:57	21	4:14	119	5:20	26.20	2:41:50	6:10	23	43:58	152	56:44