



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Heine, Stefan

Club: VfR Wilsche-Neubokel

Number: 182

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:43:16

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 182 (of 370)

Rank in course/Men: 162 (of 317)

Best time in course: 1:45:06

Rank in category: 42(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.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:58	5:44	35	4:40	152	5:56	3.30	18:58	5:44	16		157	5:55
Schlüsie	3.10	21:24	6:54	44	4:55	170	7:29	6.40	40:22	6:18	16		157	12:54
Hermannsklippe	2.60	18:33	7:08	41	4:32	169	6:51	9.00	58:55	6:32	16		157	19:23
Brocken	3.10	32:22	10:26	42	11:13	174	13:21	12.10	1:31:17	7:32	16	0:41	157	31:19
Eiserner Handwe	3.60	20:09	5:35	40	5:39	164	7:41	15.70	1:51:26	7:05	16	1:00	157	39:00
Schlüsie	4.00	18:14	4:33	38	4:45	157	7:01	19.70	2:09:40	6:34	13		157	46:01
Loddenke	3.20	15:30	4:50	29	3:36	118	5:06	22.90	2:25:10	6:20	16		157	51:07
Ilseburg/Markt	3.30	18:06	5:29	48	5:26	187	7:03	26.20	2:43:16	6:13	42	41:55	162	58:10