



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Rauschenberger, Sven

Club: VfL Wildeshausen  
Number: 159

Course: 26.20 km  
Brockenlauf

Category:  
Männer M40

Total time: 2:43:41

Speed: 9.53 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 183 (of 370)

Rank in course/Men: 163 (of 317)

Best time in course: 1:45:06

Rank in category: 30(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	19:23	5:52	34	6:21	176	6:21	3.30	19:23	5:52	6		158	6:20
Schlüsie	3.10	20:20	6:33	23	6:11	128	6:25	6.40	39:43	6:12	6		114	12:15
Hermannsklippe	2.60	16:40	6:24	19	4:43	93	4:58	9.00	56:23	6:15	6		158	16:51
Brocken	3.10	30:09	9:43	22	10:04	124	11:08	12.10	1:26:32	7:09	6		103	26:34
Eiserner Handwe	3.60	19:56	5:32	28	7:24	161	7:28	15.70	1:46:28	6:46	6		158	34:02
Schlüsie	4.00	18:27	4:36	27	6:59	168	7:14	19.70	2:04:55	6:20	7		158	41:16
Loddenke	3.20	18:48	5:52	36	8:17	226	8:24	22.90	2:23:43	6:16	6		141	49:40
Ilseburg/Markt	3.30	19:58	6:03	37	8:35	238	8:55	26.20	2:43:41	6:14	30	57:58	163	58:35