



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Sternberg, Ulf

Club: HGL Wernigerode
Number: 143

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:44:02

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 186 (of 370)

Rank in course/Men: 166 (of 317)

Best time in course: 1:45:06

Rank in category: 44(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:29	5:54	42	5:11	178	6:27	3.30	19:29	5:54	14		75	6:26
Schlüsie	3.10	21:01	6:46	37	4:32	153	7:06	6.40	40:30	6:19	14		161	13:02
Hermannsklippe	2.60	18:28	7:06	39	4:27	165	6:46	9.00	58:58	6:33	14		161	19:26
Brocken	3.10	30:55	9:58	36	9:46	146	11:54	12.10	1:29:53	7:25	14		161	29:55
Eiserner Handwe	3.60	19:03	5:17	34	4:33	130	6:35	15.70	1:48:56	6:56	14		161	36:30
Schlüsie	4.00	18:23	4:35	41	4:54	161	7:10	19.70	2:07:19	6:27	11		161	43:40
Loddenke	3.20	17:52	5:34	47	5:58	200	7:28	22.90	2:25:11	6:20	14		161	51:08
Ilseburg/Markt	3.30	18:51	5:42	53	6:11	211	7:48	26.20	2:44:02	6:15	44	42:41	166	58:56