



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Meier, René

Club: NIX tun kann JEDER  
Number: 295

Course: 26.20 km  
Brockenlauf

Category:  
Männer M40

Total time: 2:46:28

Speed: 9.37 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 200 (of 370)

Rank in course/Men: 178 (of 317)

Best time in course: 1:45:06

Rank in category: 32(of 47)

Best time in the category: 1:45:43

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	18:39	5:39	21	5:37	136	5:37	3.30	18:39	5:39	8		173	5:36
Schlüsie	3.10	21:57	7:04	34	7:48	193	8:02	6.40	40:36	6:20	8		173	13:08
Hermannsklippe	2.60	19:19	7:25	34	7:22	195	7:37	9.00	59:55	6:39	8	0:54	173	20:23
Brocken	3.10	33:10	10:41	36	13:05	199	14:09	12.10	1:33:05	7:41	8	2:34	173	33:07
Eiserner Handwe	3.60	20:43	5:45	31	8:11	192	8:15	15.70	1:53:48	7:14	8	2:18	173	41:22
Schlüsie	4.00	19:24	4:50	33	7:56	203	8:11	19.70	2:13:12	6:45	9	2:02	173	49:33
Loddenke	3.20	16:05	5:01	28	5:34	144	5:41	22.90	2:29:17	6:31	8		173	55:14
Ilseburg/Markt	3.30	17:11	5:12	27	5:48	147	6:08	26.20	2:46:28	6:21	32	1:00:45	178	1:01:22