



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt
Number: 124

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:46:30

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

Rank in course/Total: 201 (of 370)

Rank in course/Men: 179 (of 317)

Best time in course: 1:45:06

Rank in category: 47(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	19:49	6:00	48	5:31	188	6:47	3.30	19:49	6:00	11	0:05	174	6:46
Schlüsie	3.10	21:24	6:54	44	4:55	170	7:29	6.40	41:13	6:26	11	0:06	136	13:45
Hermannsklippe	2.60	19:50	7:37	50	5:49	212	8:08	9.00	1:01:03	6:46	11	1:31	174	21:31
Brocken	3.10	32:01	10:19	40	10:52	166	13:00	12.10	1:33:04	7:41	11	2:28	174	33:06
Eiserner Handwe	3.60	21:32	5:58	48	7:02	213	9:04	15.70	1:54:36	7:17	11	4:10	174	42:10
Schlüsie	4.00	19:09	4:47	48	5:40	194	7:56	19.70	2:13:45	6:47	8	2:21	174	50:06
Loddenke	3.20	16:03	5:00	35	4:09	139	5:39	22.90	2:29:48	6:32	11	2:25	174	55:45
Ilsenburg/Markt	3.30	16:42	5:03	34	4:02	129	5:39	26.20	2:46:30	6:21	47	45:09	179	1:01:24