



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Meyer, Jörg

Club: DC Sumpfe Hameln
Number: 11

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:47:33

Speed: 9.31 km/h
Running performance: 6:24 min/km

Rank in course/Total: 210 (of 370)

Rank in course/Men: 187 (of 317)

Best time in course: 1:45:06

Rank in category: 35(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	18:41	5:39	22	5:39	138	5:39	3.30	18:41	5:39	11		182	5:38
Schlüsie	3.10	21:59	7:05	35	7:50	194	8:04	6.40	40:40	6:21	11		182	13:12
Hermannsklippe	2.60	19:11	7:22	33	7:14	190	7:29	9.00	59:51	6:39	11	0:50	182	20:19
Brocken	3.10	32:31	10:29	33	12:26	180	13:30	12.10	1:32:22	7:38	11	1:51	182	32:24
Eiserner Handwe	3.60	19:25	5:23	26	6:53	149	6:57	15.70	1:51:47	7:07	11	0:17	182	39:21
Schlüsie	4.00	19:23	4:50	32	7:55	202	8:10	19.70	2:11:10	6:39	1	-	182	47:31
Loddenke	3.20	17:18	5:24	30	6:47	190	6:54	22.90	2:28:28	6:28	11		182	54:25
Ilseburg/Markt	3.30	19:05	5:46	32	7:42	213	8:02	26.20	2:47:33	6:23	35	1:01:50	187	1:02:27