



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Göthel, Rene

Club: Laufclub Burgwedel

Number: 221

Course: 26.20 km

Brockenlauf

Category:

Männer M30

Total time: 2:47:45

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 212 (of 370)

Rank in course/Men: 189 (of 317)

Best time in course: 1:45:06

Rank in category: 16(of 23)

Best time in the category: 2:00:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:45	5:04	7	2:58	54	3:43	3.30	16:45	5:04	9		184	3:42
Schlüsie	3.10	19:19	6:13	9	3:34	90	5:24	6.40	36:04	5:38	9		167	8:36
Hermannsklippe	2.60	17:29	6:43	13	4:17	121	5:47	9.00	53:33	5:56	9		93	14:01
Brocken	3.10	30:17	9:46	14	8:07	127	11:16	12.10	1:23:50	6:55	9		184	23:52
Eiserner Handwe	3.60	21:44	6:02	18	7:06	218	9:16	15.70	1:45:34	6:43	9		184	33:08
Schlüsie	4.00	21:20	5:19	18	8:39	242	10:07	19.70	2:06:54	6:26	9		184	43:15
Loddenke	3.20	20:29	6:24	19	7:53	259	10:05	22.90	2:27:23	6:26	9	4:33	175	53:20
Ilseburg/Markt	3.30	20:22	6:10	19	7:04	243	9:19	26.20	2:47:45	6:24	16	47:25	189	1:02:39