



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Clemente, Henrique

Club: Bremen  
Number: 186

Course: 26.20 km  
Brockenlauf

Category:  
Männer M50

Total time: 2:54:28

Speed: 8.94 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 249 (of 370)

Rank in course/Men: 219 (of 317)

Best time in course: 1:45:06

Rank in category: 34(of 51)

Best time in the category: 1:57:52

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	20:46	6:17	35	5:32	231	7:44	3.30	20:46	6:17	9	0:37	214	7:43
Schlüsie	3.10	22:49	7:21	32	6:24	224	8:54	6.40	43:35	6:48	9	0:28	214	16:07
Hermannsklippe	2.60	21:08	8:07	40	7:32	249	9:26	9.00	1:04:43	7:11	9	1:41	214	25:11
Brocken	3.10	35:09	11:20	37	12:45	237	16:08	12.10	1:39:52	8:15	9		214	39:54
Eiserner Handwe	3.60	22:12	6:09	36	8:40	229	9:44	15.70	2:02:04	7:46	7		204	49:38
Schlüsie	4.00	19:55	4:58	36	7:06	218	8:42	19.70	2:21:59	7:12	11	3:20	214	58:20
Loddenke	3.20	16:10	5:03	27	4:50	151	5:46	22.90	2:38:09	6:54	10		214	1:04:06
Ilseburg/Markt	3.30	16:19	4:56	20	4:10	116	5:16	26.20	2:54:28	6:39	34	56:36	219	1:09:22