



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Reulecke, Dino

Club: Langeln
Number: 235

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:55:40

Speed: 8.95 km/h
Running performance: 6:42 min/km

Rank in course/Total: 253 (of 370)

Rank in course/Men: 221 (of 317)

Best time in course: 1:45:06

Rank in category: 54(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:04	6:04	52	5:46	204	7:02	3.30	20:04	6:04	4	0:20	131	7:01
Schlüsie	3.10	22:44	7:19	54	6:15	220	8:49	6.40	42:48	6:41	4	1:41	216	15:20
Hermannsklippe	2.60	19:41	7:34	47	5:40	208	7:59	9.00	1:02:29	6:56	4	2:57	216	22:57
Brocken	3.10	34:20	11:04	51	13:11	227	15:19	12.10	1:36:49	8:00	4	6:13	216	36:51
Eiserner Handwe	3.60	22:19	6:11	54	7:49	233	9:51	15.70	1:59:08	7:35	4	8:42	216	46:42
Schlüsie	4.00	21:41	5:25	60	8:12	249	10:28	19.70	2:20:49	7:08	10	9:25	216	57:10
Loddenke	3.20	19:23	6:03	58	7:29	242	8:59	22.90	2:40:12	6:59	4	12:49	216	1:06:09
Ilseburg/Markt	3.30	15:28	4:41	23	2:48	83	4:25	26.20	2:55:40	6:42	54	54:19	221	1:10:34