



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Landwehr, Michael

Club: Gernrode
Number: 356

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 2:55:58

Speed: 8.93 km/h
Running performance: 6:43 min/km

Rank in course/Total: 254 (of 370)

Rank in course/Men: 222 (of 317)

Best time in course: 1:45:06

Rank in category: 13(of 21)

Best time in the category: 2:18:16

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	20:56	6:20	10	4:18	235	7:54	3.30	20:56	6:20	10		188	7:53
Schlüsie	3.10	23:04	7:26	14	4:29	232	9:09	6.40	44:00	6:52	10		217	16:32
Hermannsklippe	2.60	20:04	7:43	13	4:10	220	8:22	9.00	1:04:04	7:07	10	1:09	217	24:32
Brocken	3.10	34:29	11:07	15	7:55	230	15:28	12.10	1:38:33	8:08	10	2:31	217	38:35
Eiserner Handwe	3.60	19:49	5:30	6	3:41	158	7:21	15.70	1:58:22	7:32	10	1:47	217	45:56
Schlüsie	4.00	18:53	4:43	11	3:50	187	7:40	19.70	2:17:15	6:58	6	3:00	217	53:36
Loddenke	3.20	19:27	6:04	14	5:46	244	9:03	22.90	2:36:42	6:50	10	3:16	217	1:02:39
Ilseburg/Markt	3.30	19:16	5:50	11	4:23	217	8:13	26.20	2:55:58	6:42	13	37:42	222	1:10:52