



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Arndt, Hartwig

Club: Team Harry Brot
Number: 107

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:57:13

Speed: 8.80 km/h
Running performance: 6:46 min/km

Rank in course/Total: 261 (of 370)

Rank in course/Men: 228 (of 317)

Best time in course: 1:45:06

Rank in category: 38(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	19:10	5:48	32	6:08	168	6:08	3.30	19:10	5:48	14		190	6:07
Schlüsie	3.10	22:08	7:08	37	7:59	202	8:13	6.40	41:18	6:27	14	0:24	223	13:50
Hermannsklippe	2.60	19:57	7:40	37	8:00	216	8:15	9.00	1:01:15	6:48	14	2:14	223	21:43
Brocken	3.10	35:36	11:29	39	15:31	242	16:35	12.10	1:36:51	8:00	14	6:20	223	36:53
Eiserner Handwe	3.60	22:15	6:10	37	9:43	231	9:47	15.70	1:59:06	7:35	14	7:36	223	46:40
Schlüsie	4.00	19:57	4:59	35	8:29	219	8:44	19.70	2:19:03	7:03	15	7:53	223	55:24
Loddenke	3.20	18:18	5:43	34	7:47	211	7:54	22.90	2:37:21	6:52	14	7:45	223	1:03:18
Ilseburg/Markt	3.30	19:52	6:01	36	8:29	236	8:49	26.20	2:57:13	6:45	38	1:11:30	228	1:12:07