



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

**Kemnah, Michael**

Club: Pulvis Fitness Studio Harsum  
Number: 281

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:58:22

Speed: 8.81 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 265 (of 370)

Rank in course/Men: 232 (of 317)

Best time in course: 1:45:06

Rank in category: 55(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	20:13	6:07	56	5:55	212	7:11	3.30	20:13	6:07	3	0:29	227	7:10
Schlüsie	3.10	24:27	7:53	61	7:58	265	10:32	6.40	44:40	6:58	3	3:33	227	17:12
Hermannsklippe	2.60	21:46	8:22	60	7:45	260	10:04	9.00	1:06:26	7:22	3	6:54	227	26:54
Brocken	3.10	36:16	11:41	56	15:07	247	17:15	12.10	1:42:42	8:29	3	12:06	227	42:44
Eiserner Handwe	3.60	21:11	5:53	46	6:41	206	8:43	15.70	2:03:53	7:53	3	13:27	227	51:27
Schlüsie	4.00	20:25	5:06	54	6:56	224	9:12	19.70	2:24:18	7:19	34	12:54	227	1:00:39
Loddenke	3.20	16:34	5:10	41	4:40	167	6:10	22.90	2:40:52	7:01	3	13:29	227	1:06:49
Ilseburg/Markt	3.30	17:30	5:18	43	4:50	163	6:27	26.20	2:58:22	6:48	55	57:01	232	1:13:16