



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Scheffler, Jörg

Club: Bremen
Number: 293

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 3:05:18

Speed: 8.42 km/h
Running performance: 7:04 min/km

Rank in course/Total: 289 (of 370)

Rank in course/Men: 251 (of 317)

Best time in course: 1:45:06

Rank in category: 39(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	20:09	6:06	30	4:55	208	7:07	3.30	20:09	6:06	1	-	248	7:06
Schlüsie	3.10	22:58	7:24	34	6:33	228	9:03	6.40	43:07	6:44	1	-	248	15:39
Hermannsklippe	2.60	19:55	7:39	32	6:19	213	8:13	9.00	1:03:02	7:00	1	-	248	23:30
Brocken	3.10	37:15	12:00	44	14:51	262	18:14	12.10	1:40:17	8:17	1	-	248	40:19
Eiserner Handwe	3.60	22:46	6:19	38	9:14	242	10:18	15.70	2:03:03	7:50	1	-	248	50:37
Schlüsie	4.00	23:22	5:50	44	10:33	280	12:09	19.70	2:26:25	7:25	16	7:46	248	1:02:46
Loddenke	3.20	19:28	6:04	40	8:08	245	9:04	22.90	2:45:53	7:14	15		248	1:11:50
Ilseburg/Markt	3.30	19:25	5:53	38	7:16	222	8:22	26.20	3:05:18	7:04	39	1:07:26	251	1:20:12