



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

**Berner, Roland**

Club: LG. Bad Frankenhausen/Göllingen

Number: 304

Course: 26.20 km

Brockenlauf

Category:

Männer M50

Total time: 3:06:01

Speed: 8.39 km/h

Running performance: 7:06 min/km

Rank in course/Total: 292 (of 370)

Rank in course/Men: 254 (of 317)

Best time in course: 1:45:06

Rank in category: 40(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	23:25	7:05	45	8:11	292	10:23	3.30	23:25	7:05	15	3:16	251	10:22
Schlüsie	3.10	24:39	7:57	43	8:14	270	10:44	6.40	48:04	7:30	15	4:57	251	20:36
Hermannsklippe	2.60	20:38	7:56	36	7:02	233	8:56	9.00	1:08:42	7:38	15	5:40	251	29:10
Brocken	3.10	35:05	11:19	36	12:41	236	16:04	12.10	1:43:47	8:34	15	3:30	251	43:49
Eiserner Handwe	3.60	23:20	6:28	43	9:48	257	10:52	15.70	2:07:07	8:05	15	4:04	251	54:41
Schlüsie	4.00	22:28	5:36	42	9:39	268	11:15	19.70	2:29:35	7:35	17	10:56	251	1:05:56
Loddenke	3.20	18:46	5:51	37	7:26	225	8:22	22.90	2:48:21	7:21	16	1:33	251	1:14:18
Ilseburg/Markt	3.30	17:40	5:21	28	5:31	168	6:37	26.20	3:06:01	7:05	40	1:08:09	254	1:20:55