



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

**Bieder, Michael**

Club: WSV Benneckenstein  
Number: 189

Course: 26.20 km  
Brockenlauf

Category:  
Männer M40

Total time: 3:11:04

Speed: 8.16 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 301 (of 370)

Rank in course/Men: 262 (of 317)

Best time in course: 1:45:06

Rank in category: 44(of 47)

Best time in the category: 1:45:43

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 20:56         | 6:20            | 39          | 7:54           | 235         | 7:54          | 3.30          | 20:56         | 6:20            | 19          | 1:04           | 188        | 7:53          |
| Schlüsie        | 3.10        | 23:43         | 7:39            | 42          | 9:34           | 244         | 9:48          | 6.40          | 44:39         | 6:58            | 19          | 3:45           | 258        | 17:11         |
| Hermannsklippe  | 2.60        | 21:51         | 8:24            | 42          | 9:54           | 263         | 10:09         | 9.00          | 1:06:30       | 7:23            | 19          | 7:29           | 258        | 26:58         |
| Brocken         | 3.10        | 37:57         | 12:14           | 42          | 17:52          | 274         | 18:56         | 12.10         | 1:44:27       | 8:37            | 19          | 13:56          | 258        | 44:29         |
| Eiserner Handwe | 3.60        | 23:48         | 6:36            | 40          | 11:16          | 266         | 11:20         | 15.70         | 2:08:15       | 8:10            | 19          | 16:45          | 258        | 55:49         |
| Schlüsie        | 4.00        | 22:09         | 5:32            | 40          | 10:41          | 260         | 10:56         | 19.70         | 2:30:24       | 7:38            | 20          | 19:14          | 258        | 1:06:45       |
| Loddenke        | 3.20        | 20:25         | 6:22            | 41          | 9:54           | 256         | 10:01         | 22.90         | 2:50:49       | 7:27            | 19          | 21:13          | 258        | 1:16:46       |
| Ilseburg/Markt  | 3.30        | 20:15         | 6:08            | 39          | 8:52           | 242         | 9:12          | 26.20         | 3:11:04       | 7:17            | 44          | 1:25:21        | 262        | 1:25:58       |