



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Leiste, Hendrik

Number: 361

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 3:11:32

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 303 (of 370)

Rank in course/Men: 264 (of 317)

Best time in course: 1:45:06

Rank in category: 45(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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Loddenke	3.30	19:02	5:46	29	6:00	158	6:00	3.30	19:02	5:46	20		145	5:59
Schlüsie	3.10	23:03	7:26	39	8:54	230	9:08	6.40	42:05	6:34	20	1:11	260	14:37
Hermannsklippe	2.60	21:07	8:07	41	9:10	246	9:25	9.00	1:03:12	7:01	20	4:11	260	23:40
Brocken	3.10	36:45	11:51	40	16:40	251	17:44	12.10	1:39:57	8:15	20	9:26	260	39:59
Eiserner Handwe	3.60	24:17	6:44	41	11:45	274	11:49	15.70	2:04:14	7:54	20	12:44	260	51:48
Schlüsie	4.00	20:51	5:12	38	9:23	233	9:38	19.70	2:25:05	7:21	21	13:55	260	1:01:26
Loddenke	3.20	22:59	7:10	42	12:28	276	12:35	22.90	2:48:04	7:20	20	18:28	260	1:14:01
Ilseburg/Markt	3.30	23:28	7:06	43	12:05	278	12:25	26.20	3:11:32	7:18	45	1:25:49	264	1:26:26