



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Demaré, Holger

Club: Zwei aus Ohrum
Number: 4

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:13:46

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 309 (of 370)

Rank in course/Men: 269 (of 317)

Best time in course: 1:45:06

Rank in category: 65(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:58	6:21	63	6:40	240	7:56	3.30	20:58	6:21	29	1:14	265	7:55
Schlüsie	3.10	22:48	7:21	55	6:19	223	8:53	6.40	43:46	6:50	29	2:39	265	16:18
Hermannsklippe	2.60	20:39	7:56	56	6:38	234	8:57	9.00	1:04:25	7:09	29	4:53	265	24:53
Brocken	3.10	36:05	11:38	55	14:56	245	17:04	12.10	1:40:30	8:18	29	9:54	265	40:32
Eiserner Handwe	3.60	24:09	6:42	64	9:39	271	11:41	15.70	2:04:39	7:56	29	14:13	265	52:13
Schlüsie	4.00	23:21	5:50	66	9:52	278	12:08	19.70	2:28:00	7:30	24	16:36	265	1:04:21
Loddenke	3.20	23:27	7:19	66	11:33	278	13:03	22.90	2:51:27	7:29	29	24:04	265	1:17:24
Ilseburg/Markt	3.30	22:19	6:45	62	9:39	267	11:16	26.20	3:13:46	7:23	65	1:12:25	269	1:28:40