



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Sommer, Stefan

Club: Laufteam Herzberg
Number: 254

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 3:15:50

Speed: 7.97 km/h
Running performance: 7:28 min/km

Rank in course/Total: 318 (of 370)

Rank in course/Men: 276 (of 317)

Best time in course: 1:45:06

Rank in category: 25(of 30)

Best time in the category: 1:51:25

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	20:33	6:13	26	6:47	220	7:31	3.30	20:33	6:13	6	3:21	272	7:30
Schlüsie	3.10	22:59	7:24	26	7:37	229	9:04	6.40	43:32	6:48	6	6:35	272	16:04
Hermannsklippe	2.60	21:58	8:26	26	9:18	267	10:16	9.00	1:05:30	7:16	6	11:12	272	25:58
Brocken	3.10	37:49	12:11	27	17:04	270	18:48	12.10	1:43:19	8:32	6	18:33	272	43:21
Eiserner Handwe	3.60	23:47	6:36	28	10:33	265	11:19	15.70	2:07:06	8:05	5	20:41	272	54:40
Schlüsie	4.00	25:54	6:28	28	13:36	286	14:41	19.70	2:33:00	7:45	4	28:34	272	1:09:21
Loddenke	3.20	21:47	6:48	26	10:41	269	11:23	22.90	2:54:47	7:37	5	35:24	272	1:20:44
Ilseburg/Markt	3.30	21:03	6:22	25	8:49	256	10:00	26.20	3:15:50	7:28	25	1:24:25	276	1:30:44