



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Mende, Oliver

Club: DAV Hannover  
Number: 305

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 3:28:45

Speed: 7.53 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 342 (of 370)

Rank in course/Men: 294 (of 317)

Best time in course: 1:45:06

Rank in category: 71(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	23:50	7:13	72	301	9:32	10:48	3.30	23:50	7:13	23	4:06	289	10:47
Schlüsie	3.10	26:30	8:32	71	294	10:01	12:35	6.40	50:20	7:51	23	9:13	289	22:52
Hermannsklippe	2.60	22:41	8:43	65	277	8:40	10:59	9.00	1:13:01	8:06	23	13:29	289	33:29
Brocken	3.10	37:52	12:12	63	272	16:43	18:51	12.10	1:50:53	9:09	23	20:17	289	50:55
Eiserner Handwe	3.60	24:15	6:44	65	273	9:45	11:47	15.70	2:15:08	8:36	23	24:42	289	1:02:42
Schlüsie	4.00	25:34	6:23	68	284	12:05	14:21	19.70	2:40:42	8:09	19	29:18	286	1:17:03
Loddenke	3.20	23:44	7:25	67	279	11:50	13:20	22.90	3:04:26	8:03	23	37:03	289	1:30:23
Ilseburg/Markt	3.30	24:19	7:22	67	285	11:39	13:16	26.20	3:28:45	7:58	71	1:27:24	294	1:43:39