



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Herden, Wolfgang

Club: Postsportverein Lehrte
Number: 353

Course: 26.20 km
Brockenlauf

Category:
Männer M75

Total time: 3:29:40

Speed: 7.44 km/h
Running performance: 8:00 min/km

Rank in course/Total: 344 (of 370)

Rank in course/Men: 296 (of 317)

Best time in course: 1:45:06

Rank in category: 2(of 2)

Best time in the category: 3:00:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:13	7:02	2	1:04	290	10:11	3.30	23:13	7:02	2	1:04	291	10:10
Schlüsie	3.10	25:48	8:19	2	1:35	288	11:53	6.40	49:01	7:39	2	2:39	291	21:33
Hermannsklippe	2.60	23:42	9:06	2	2:18	284	12:00	9.00	1:12:43	8:04	2	4:57	291	33:11
Brocken	3.10	39:34	12:45	2	6:07	286	20:33	12.10	1:52:17	9:16	2	11:04	291	52:19
Eiserner Handwe	3.60	25:40	7:07	2	2:29	283	13:12	15.70	2:17:57	8:47	2	13:33	291	1:05:31
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	49:19	15:24	2	31:25	295	38:55	22.90	3:07:16	8:10	2	24:31	291	1:33:13
Ilseburg/Markt	3.30	22:24	6:47	2	4:38	269	11:21	26.20	3:29:40	8:00	2	29:09	296	1:44:34