



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Wieczorek, Bernd

Club: Laufftreff Salzgitter

Number: 378

Course: 26.20 km

Brockenlauf

Category:

Männer M50

Total time: 3:42:42

Speed: 7.06 km/h

Running performance: 8:30 min/km

Rank in course/Total: 355 (of 370)

Rank in course/Men: 306 (of 317)

Best time in course: 1:45:06

Rank in category: 50(of 51)

Best time in the category: 1:57:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	23:29	7:06	47	8:15	294	10:27	3.30	23:29	7:06	24	3:20	301	10:26
Schlüsie	3.10	26:44	8:37	47	10:19	296	12:49	6.40	50:13	7:50	24	7:06	301	22:45
Hermannsklippe	2.60	23:42	9:06	46	10:06	284	12:00	9.00	1:13:55	8:12	24	10:53	301	34:23
Brocken	3.10	40:04	12:55	48	17:40	289	21:03	12.10	1:53:59	9:25	24	13:42	301	54:01
Eiserner Handwe	3.60	29:14	8:07	48	15:42	302	16:46	15.70	2:23:13	9:07	24	20:10	301	1:10:47
Schlüsie	4.00	29:14	7:18	46	16:25	287	18:01	19.70	2:52:27	8:45	47	33:48	288	1:28:48
Loddenke	3.20	54:49	17:07	49	43:29	301	44:25	22.90	3:47:16	9:55	50	1:00:28	309	2:13:13
Ilseburg/Markt	3.30	24:40	7:28	47	12:31	286	13:37	26.20	3:42:42	8:30	50	1:44:50	306	1:57:36