



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Steingräber, Lucian

Number: 347

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:51:40

Speed: 6.73 km/h

Running performance: 8:50 min/km

Rank in course/Total: 361 (of 370)

Rank in course/Men: 309 (of 317)

Best time in course: 1:45:06

Rank in category: 73(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:51	6:37	65	7:33	266	8:49	3.30	21:51	6:37	21	2:07	304	8:48
Schlüsie	3.10	26:21	8:30	70	9:52	292	12:26	6.40	48:12	7:31	21	7:05	280	20:44
Hermannsklippe	2.60	25:38	9:51	72	11:37	307	13:56	9.00	1:13:50	8:12	21	14:18	304	34:18
Brocken	3.10	46:00	14:50	72	24:51	305	26:59	12.10	1:59:50	9:54	21	29:14	304	59:52
Eiserner Handwe	3.60	29:03	8:04	71	14:33	300	16:35	15.70	2:28:53	9:28	21	38:27	304	1:16:27
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	55:25	17:19	70	43:31	302	45:01	22.90	3:24:18	8:55	21	56:55	304	1:50:15
Ilseburg/Markt	3.30	27:22	8:17	70	14:42	299	16:19	26.20	3:51:40	8:50	73	1:50:19	309	2:06:34