



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Reinecke, Frank

Club: Brockenlaufverein  
Number: 240

Course: 26.20 km  
Brockenlauf

Category:  
Männer M40

Total time: 1:58:21

Speed: 13.18 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 9 (of 370)

Rank in course/Men: 9 (of 317)

Best time in course: 1:45:06

Rank in category: 5(of 47)

Best time in the category: 1:45:43

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	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	13:47	4:10	3	0:45	6	0:45	3.30	13:47	4:10	27		9	0:44
Schlüsie	3.10	16:05	5:11	5	1:56	9	2:10	6.40	29:52	4:39	27		9	2:24
Hermannsklippe	2.60	13:40	5:15	5	1:43	10	1:58	9.00	43:32	4:50	27		9	4:00
Brocken	3.10	23:37	7:37	6	3:32	17	4:36	12.10	1:07:09	5:32	27		9	7:11
Eiserner Handwe	3.60	14:03	3:54	5	1:31	9	1:35	15.70	1:21:12	5:10	27		9	8:46
Schlüsie	4.00	13:03	3:15	4	1:35	9	1:50	19.70	1:34:15	4:47	26		9	10:36
Loddenke	3.20	11:28	3:34	4	0:57	8	1:04	22.90	1:45:43	4:36	27		8	11:40
Ilseburg/Markt	3.30	12:38	3:49	6	1:15	10	1:35	26.20	1:58:21	4:31	5	12:38	9	13:15