



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Westphal, Jochen

Club: LG Elmshorn

Number: 15

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:02:18

Speed: 12.76 km/h

Running performance: 4:40 min/km

Rank in course/Total: 14 (of 370)

Rank in course/Men: 14 (of 317)

Best time in course: 1:45:06

Rank in category: 2(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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 3.30 | 15:02 | 4:33 | 4 | 0:44 | 19 | 2:00 | 3.30 | 15:02 | 4:33 | 54 | | 14 | 1:59 |
| Schlüsie | 3.10 | 16:45 | 5:24 | 2 | 0:16 | 17 | 2:50 | 6.40 | 31:47 | 4:57 | 54 | | 14 | 4:19 |
| Hermannsklippe | 2.60 | 14:07 | 5:25 | 2 | 0:06 | 16 | 2:25 | 9.00 | 45:54 | 5:05 | 54 | | 14 | 6:22 |
| Brocken | 3.10 | 23:37 | 7:37 | 3 | 2:28 | 17 | 4:36 | 12.10 | 1:09:31 | 5:44 | 54 | | 14 | 9:33 |
| Eiserner Handwe | 3.60 | 14:30 | 4:01 | 1 | - | 12 | 2:02 | 15.70 | 1:24:01 | 5:21 | 54 | | 14 | 11:35 |
| Schlüsie | 4.00 | 13:29 | 3:22 | 1 | - | 13 | 2:16 | 19.70 | 1:37:30 | 4:56 | 51 | | 14 | 13:51 |
| Loddenke | 3.20 | 11:54 | 3:43 | 1 | - | 10 | 1:30 | 22.90 | 1:49:24 | 4:46 | 54 | | 14 | 15:21 |
| Ilseburg/Markt | 3.30 | 12:54 | 3:54 | 2 | 0:14 | 12 | 1:51 | 26.20 | 2:02:18 | 4:40 | 2 | 0:57 | 14 | 17:12 |