



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: 12.85 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