



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kaluza, Ralf

Club: Potsdamer Laufclub
Number: 384

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:04:07

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 17 (of 370)

Rank in course/Men: 16 (of 317)

Best time in course: 1:45:06

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	14:43	4:27	2	0:25	14	1:41	3.30	14:43	4:27	53		15	1:40
Schlüsie	3.10	17:01	5:29	4	0:32	21	3:06	6.40	31:44	4:57	53		15	4:16
Hermannsklippe	2.60	14:01	5:23	1	-	15	2:19	9.00	45:45	5:04	53		15	6:13
Brocken	3.10	24:42	7:58	5	3:33	23	5:41	12.10	1:10:27	5:49	53		15	10:29
Eiserner Handwe	3.60	14:53	4:08	3	0:23	16	2:25	15.70	1:25:20	5:26	53		15	12:54
Schlüsie	4.00	13:42	3:25	3	0:13	17	2:29	19.70	1:39:02	5:01	50		15	15:23
Loddenke	3.20	12:02	3:45	3	0:08	14	1:38	22.90	1:51:04	4:51	53		15	17:01
Ilseburg/Markt	3.30	13:03	3:57	4	0:23	16	2:00	26.20	2:04:07	4:44	3	2:46	16	19:01