



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Richter, Frank

Club: TSV Kirchdorf
Number: 133

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:10:52

Speed: 11.92 km/h
Running performance: 4:59 min/km

Rank in course/Total: 33 (of 370)

Rank in course/Men: 32 (of 317)

Best time in course: 1:45:06

Rank in category: 7(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	16:19	4:56	7	2:01	40	3:17	3.30	16:19	4:56	49		31	3:16
Schlüsie	3.10	17:53	5:46	10	1:24	39	3:58	6.40	34:12	5:20	49		31	6:44
Hermannsklippe	2.60	15:05	5:48	8	1:04	34	3:23	9.00	49:17	5:28	49		31	9:45
Brocken	3.10	24:59	8:03	7	3:50	27	5:58	12.10	1:14:16	6:08	49		31	14:18
Eiserner Handwe	3.60	15:08	4:12	4	0:38	21	2:40	15.70	1:29:24	5:41	49		31	16:58
Schlüsie	4.00	14:16	3:34	5	0:47	27	3:03	19.70	1:43:40	5:15	46		31	20:01
Loddenke	3.20	12:44	3:58	6	0:50	27	2:20	22.90	1:56:24	5:04	49		31	22:21
Ilseburg/Markt	3.30	14:28	4:23	10	1:48	49	3:25	26.20	2:10:52	4:59	7	9:31	32	25:46