



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Heinrich, Uwe

Club: BSG Mecklenburgische Vers. Hannover  
Number: 252

Course: 26.20 km  
Brockenlauf

Category:  
Männer M50

Total time: 2:12:39

Speed: 11.76 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 37 (of 370)

Rank in course/Men: 36 (of 317)

Best time in course: 1:45:06

Rank in category: 3(of 51)

Best time in the category: 1:57:52

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	16:10	4:53	3	0:56	36	3:08	3.30	16:10	4:53	28		35	3:07
Schlüsie	3.10	18:06	5:50	5	1:41	45	4:11	6.40	34:16	5:21	28		35	6:48
Hermannsklippe	2.60	15:05	5:48	3	1:29	34	3:23	9.00	49:21	5:29	28		35	9:49
Brocken	3.10	25:32	8:14	3	3:08	37	6:31	12.10	1:14:53	6:11	28		35	14:55
Eiserner Handwe	3.60	16:15	4:30	5	2:43	44	3:47	15.70	1:31:08	5:48	28		35	18:42
Schlüsie	4.00	15:16	3:49	5	2:27	52	4:03	19.70	1:46:24	5:24	26		35	22:45
Loddenke	3.20	12:56	4:02	3	1:36	30	2:32	22.90	1:59:20	5:12	28		35	25:17
Ilseburg/Markt	3.30	13:19	4:02	3	1:10	22	2:16	26.20	2:12:39	5:03	3	14:47	36	27:33