



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Radtko, Ulrich

Club: Post SV Holzminden
Number: 32

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:14:09

Speed: 11.63 km/h
Running performance: 5:07 min/km

Rank in course/Total: 42 (of 370)

Rank in course/Men: 41 (of 317)

Best time in course: 1:45:06

Rank in category: 5(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.	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	16:15	4:55	5	1:01	39	3:13	3.30	16:15	4:55	30		40	3:12
Schlüsie	3.10	18:02	5:49	4	1:37	43	4:07	6.40	34:17	5:21	30		40	6:49
Hermannsklippe	2.60	15:58	6:08	8	2:22	68	4:16	9.00	50:15	5:34	30		40	10:43
Brocken	3.10	26:30	8:32	5	4:06	46	7:29	12.10	1:16:45	6:20	30		40	16:47
Eiserner Handwe	3.60	15:38	4:20	4	2:06	34	3:10	15.70	1:32:23	5:53	30		40	19:57
Schlüsie	4.00	15:36	3:53	6	2:47	65	4:23	19.70	1:47:59	5:28	28		40	24:20
Loddenke	3.20	12:56	4:02	3	1:36	30	2:32	22.90	2:00:55	5:16	30		40	26:52
Ilseburg/Markt	3.30	13:14	4:00	2	1:05	20	2:11	26.20	2:14:09	5:07	5	16:17	41	29:03