



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Bittner, Holger

Club: Brockenlaufverein
Number: 245

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:15:13

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 49 (of 370)

Rank in course/Men: 47 (of 317)

Best time in course: 1:45:06

Rank in category: 9(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	16:44	5:04	10	2:26	52	3:42	3.30	16:44	5:04	47		44	3:41
Schlüsie	3.10	18:34	5:59	13	2:05	58	4:39	6.40	35:18	5:30	47		44	7:50
Hermannsklippe	2.60	15:47	6:04	14	1:46	59	4:05	9.00	51:05	5:40	47		44	11:33
Brocken	3.10	26:58	8:41	12	5:49	53	7:57	12.10	1:18:03	6:27	47		44	18:05
Eiserner Handwe	3.60	15:35	4:19	7	1:05	33	3:07	15.70	1:33:38	5:57	47		44	21:12
Schlüsie	4.00	14:44	3:40	8	1:15	36	3:31	19.70	1:48:22	5:30	35		44	24:43
Loddenke	3.20	13:00	4:03	9	1:06	34	2:36	22.90	2:01:22	5:17	47		44	27:19
Ilsenburg/Markt	3.30	13:51	4:11	7	1:11	35	2:48	26.20	2:15:13	5:09	9	13:52	47	30:07