



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Heermann, Hans-Joachim

Club: SC Lüchow  
Number: 317

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:16:20

Speed: 11.53 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 52 (of 370)

Rank in course/Men: 50 (of 317)

Best time in course: 1:45:06

Rank in category: 11(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	16:11	4:54	6	1:53	37	3:09	3.30	16:11	4:54	45		48	3:08
Schlüsie	3.10	17:39	5:41	8	1:10	31	3:44	6.40	33:50	5:17	45		48	6:22
Hermannsklippe	2.60	15:00	5:46	7	0:59	33	3:18	9.00	48:50	5:25	45		48	9:18
Brocken	3.10	26:41	8:36	11	5:32	51	7:40	12.10	1:15:31	6:14	45		48	15:33
Eiserner Handwe	3.60	16:41	4:38	11	2:11	54	4:13	15.70	1:32:12	5:52	45		48	19:46
Schlüsie	4.00	16:11	4:02	21	2:42	81	4:58	19.70	1:48:23	5:30	42		48	24:44
Loddenke	3.20	13:40	4:16	13	1:46	56	3:16	22.90	2:02:03	5:19	45		48	28:00
Ilseburg/Markt	3.30	14:17	4:19	9	1:37	45	3:14	26.20	2:16:20	5:12	11	14:59	50	31:14