



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Dittmann, Helmut

Club: Brockenlaufverein
Number: 211

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 2:18:16

Speed: 11.28 km/h
Running performance: 5:17 min/km

Rank in course/Total: 59 (of 370)

Rank in course/Men: 55 (of 317)

Best time in course: 1:45:06

Rank in category: 1(of 21)

Best time in the category: 2:18:16

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	16:38	5:02	1	-	48	3:36	3.30	16:38	5:02	12	-	53	3:35
Schlüsie	3.10	18:35	5:59	1	-	60	4:40	6.40	35:13	5:30	12	-	53	7:45
Hermannsklippe	2.60	15:54	6:06	1	-	67	4:12	9.00	51:07	5:40	12	-	53	11:35
Brocken	3.10	26:34	8:34	1	-	48	7:33	12.10	1:17:41	6:25	12	-	53	17:43
Eiserner Handwe	3.60	16:43	4:38	2	0:35	55	4:15	15.70	1:34:24	6:00	12	-	53	21:58
Schlüsie	4.00	15:18	3:49	2	0:15	54	4:05	19.70	1:49:42	5:34	10	-	53	26:03
Loddenke	3.20	13:41	4:16	1	-	59	3:17	22.90	2:03:23	5:23	12	-	53	29:20
Ilseburg/Markt	3.30	14:53	4:30	1	-	62	3:50	26.20	2:18:16	5:16	1	-	55	33:10