



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Lüdtke, Mathias

Club: fettleibige Ballenstedter

Number: 183

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:19:46

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 64 (of 370)

Rank in course/Men: 60 (of 317)

Best time in course: 1:45:06

Rank in category: 13(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	19:04	5:46	36	4:46	162	6:02	3.30	19:04	5:46	18		58	6:01
Schlüsie	3.10	18:55	6:06	17	2:26	74	5:00	6.40	37:59	5:56	43		58	10:31
Hermannsklippe	2.60	15:44	6:03	13	1:43	57	4:02	9.00	53:43	5:58	43		58	14:11
Brocken	3.10	27:52	8:59	17	6:43	73	8:51	12.10	1:21:35	6:44	43		58	21:37
Eiserner Handwe	3.60	16:27	4:34	10	1:57	51	3:59	15.70	1:38:02	6:14	43		58	25:36
Schlüsie	4.00	15:08	3:46	11	1:39	47	3:55	19.70	1:53:10	5:44	40		58	29:31
Loddenke	3.20	12:56	4:02	7	1:02	30	2:32	22.90	2:06:06	5:30	43		58	32:03
Ilseburg/Markt	3.30	13:40	4:08	6	1:00	29	2:37	26.20	2:19:46	5:20	13	18:25	60	34:40