



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Fleig, Hans

Club: NSV Wernigerode
Number: 242

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:21:04

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 68 (of 370)

Rank in course/Men: 64 (of 317)

Best time in course: 1:45:06

Rank in category: 2(of 30)

Best time in the category: 2:09:58

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	17:24	5:16	4	2:23	78	4:22	3.30	17:24	5:16	30		62	4:21
Schlüsie	3.10	18:54	6:05	4	1:56	72	4:59	6.40	36:18	5:40	30		62	8:50
Hermannsklippe	2.60	16:22	6:17	6	1:32	78	4:40	9.00	52:40	5:51	30		62	13:08
Brocken	3.10	27:11	8:46	2	0:10	57	8:10	12.10	1:19:51	6:35	30		55	19:53
Eiserner Handwe	3.60	16:20	4:32	2	0:56	47	3:52	15.70	1:36:11	6:07	30		62	23:45
Schlüsie	4.00	14:51	3:42	2	0:36	40	3:38	19.70	1:51:02	5:38	28		62	27:23
Loddenke	3.20	13:55	4:20	4	0:53	65	3:31	22.90	2:04:57	5:27	30		62	30:54
Ilseburg/Markt	3.30	16:07	4:53	8	2:55	109	5:04	26.20	2:21:04	5:23	2	11:06	64	35:58