



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Hertel, Frank-Michael

Club: Eisenhüttenstadt
Number: 46

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:21:55

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 72 (of 370)

Rank in course/Men: 68 (of 317)

Best time in course: 1:45:06

Rank in category: 17(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	16:47	5:05	12	2:29	56	3:45	3.30	16:47	5:05	39		66	3:44
Schlüsie	3.10	18:22	5:55	11	1:53	52	4:27	6.40	35:09	5:29	39		66	7:41
Hermannsklippe	2.60	15:26	5:56	11	1:25	46	3:44	9.00	50:35	5:37	39		66	11:03
Brocken	3.10	28:29	9:11	20	7:20	87	9:28	12.10	1:19:04	6:32	39		66	19:06
Eiserner Handwe	3.60	17:32	4:52	22	3:02	80	5:04	15.70	1:36:36	6:09	39		66	24:10
Schlüsie	4.00	16:15	4:03	22	2:46	83	5:02	19.70	1:52:51	5:43	36		66	29:12
Loddenke	3.20	14:10	4:25	20	2:16	77	3:46	22.90	2:07:01	5:32	39		66	32:58
Ilseburg/Markt	3.30	14:54	4:30	14	2:14	64	3:51	26.20	2:21:55	5:24	17	20:34	68	36:49