



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Schelauske, Martin

Club: ASC Düsseldorf
Number: 108

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 2:24:32

Speed: 10.79 km/h
Running performance: 5:31 min/km

Rank in course/Total: 84 (of 370)

Rank in course/Men: 78 (of 317)

Best time in course: 1:45:06

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:23	5:16	3	0:45	76	4:21	3.30	17:23	5:16	21		76	4:20
Schlüsie	3.10	19:24	6:15	2	0:49	91	5:29	6.40	36:47	5:44	21		76	9:19
Hermannsklippe	2.60	16:22	6:17	2	0:28	78	4:40	9.00	53:09	5:54	21		76	13:37
Brocken	3.10	27:58	9:01	2	1:24	75	8:57	12.10	1:21:07	6:42	21		76	21:09
Eiserner Handwe	3.60	17:07	4:45	3	0:59	68	4:39	15.70	1:38:14	6:15	21		76	25:48
Schlüsie	4.00	15:55	3:58	3	0:52	71	4:42	19.70	1:54:09	5:47	17		68	30:30
Loddenke	3.20	14:22	4:29	3	0:41	84	3:58	22.90	2:08:31	5:36	21		76	34:28
Ilsenburg/Markt	3.30	16:01	4:51	3	1:08	104	4:58	26.20	2:24:32	5:30	2	6:16	78	39:26