



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Borchert, Fred

Club: Langenstein
Number: 289

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:25:51

Speed: 10.70 km/h
Running performance: 5:34 min/km

Rank in course/Total: 87 (of 370)

Rank in course/Men: 81 (of 317)

Best time in course: 1:45:06

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:49	5:23	24	3:31	99	4:47	3.30	17:49	5:23	38		79	4:46
Schlüsie	3.10	18:36	6:00	14	2:07	61	4:41	6.40	36:25	5:41	38		79	8:57
Hermannsklippe	2.60	15:50	6:05	15	1:49	65	4:08	9.00	52:15	5:48	38		79	12:43
Brocken	3.10	28:08	9:04	19	6:59	78	9:07	12.10	1:20:23	6:38	38		79	20:25
Eiserner Handwe	3.60	19:22	5:22	37	4:52	146	6:54	15.70	1:39:45	6:21	38		79	27:19
Schlüsie	4.00	17:28	4:21	31	3:59	128	6:15	19.70	1:57:13	5:57	44		79	33:34
Loddenke	3.20	13:45	4:17	14	1:51	60	3:21	22.90	2:10:58	5:43	38		79	36:55
Ilseburg/Markt	3.30	14:53	4:30	13	2:13	62	3:50	26.20	2:25:51	5:34	18	24:30	81	40:45