



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Zipper, Wolfgang

Club: Langenhagen
Number: 123

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:27:11

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 94 (of 370)

Rank in course/Men: 86 (of 317)

Best time in course: 1:45:06

Rank in category: 21(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	18:04	5:28	26	3:46	105	5:02	3.30	18:04	5:28	71		84	5:01
Schlüsie	3.10	19:33	6:18	22	3:04	97	5:38	6.40	37:37	5:52	71		84	10:09
Hermannsklippe	2.60	16:37	6:23	18	2:36	88	4:55	9.00	54:14	6:01	71		84	14:42
Brocken	3.10	29:25	9:29	27	8:16	106	10:24	12.10	1:23:39	6:54	71		84	23:41
Eiserner Handwe	3.60	17:40	4:54	24	3:10	85	5:12	15.70	1:41:19	6:27	71		84	28:53
Schlüsie	4.00	16:18	4:04	24	2:49	88	5:05	19.70	1:57:37	5:58	66		84	33:58
Loddenke	3.20	14:09	4:25	18	2:15	75	3:45	22.90	2:11:46	5:45	71		84	37:43
Ilsenburg/Markt	3.30	15:25	4:40	20	2:45	79	4:22	26.20	2:27:11	5:37	21	25:50	86	42:05