



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Dr. Ehrhardt, Armin

Club: SC Borussia Friedrichsfelde

Number: 157

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:27:35

Speed: 10.57 km/h

Running performance: 5:38 min/km

Rank in course/Total: 96 (of 370)

Rank in course/Men: 88 (of 317)

Best time in course: 1:45:06

Rank in category: 22(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	17:47	5:23	22	3:29	95	4:45	3.30	17:47	5:23	68		86	4:44
Schlüsie	3.10	19:46	6:22	23	3:17	105	5:51	6.40	37:33	5:52	70		86	10:05
Hermannsklippe	2.60	17:29	6:43	26	3:28	121	5:47	9.00	55:02	6:06	70		86	15:30
Brocken	3.10	29:05	9:22	23	7:56	99	10:04	12.10	1:24:07	6:57	70		86	24:09
Eiserner Handwe	3.60	17:35	4:53	23	3:05	81	5:07	15.70	1:41:42	6:28	70		86	29:16
Schlüsie	4.00	16:20	4:04	27	2:51	91	5:07	19.70	1:58:02	5:59	65		86	34:23
Loddenke	3.20	14:07	4:24	17	2:13	74	3:43	22.90	2:12:09	5:46	70		86	38:06
Ilseburg/Markt	3.30	15:26	4:40	22	2:46	82	4:23	26.20	2:27:35	5:37	22	26:14	88	42:29