



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Vaupel, Torge

Club: Goldenkenpower
Number: 105

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:27:37

Speed: 10.65 km/h
Running performance: 5:38 min/km

Rank in course/Total: 97 (of 370)

Rank in course/Men: 89 (of 317)

Best time in course: 1:45:06

Rank in category: 20(of 47)

Best time in the category: 1:45:43

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	19:03	5:46	30	6:01	161	6:01	3.30	19:03	5:46	40		87	6:00
Schlüsie	3.10	19:43	6:21	19	5:34	102	5:48	6.40	38:46	6:03	40		87	11:18
Hermannsklippe	2.60	16:57	6:31	20	5:00	101	5:15	9.00	55:43	6:11	40		87	16:11
Brocken	3.10	28:16	9:07	18	8:11	81	9:15	12.10	1:23:59	6:56	40		87	24:01
Eiserner Handwe	3.60	18:13	5:03	17	5:41	98	5:45	15.70	1:42:12	6:30	40		87	29:46
Schlüsie	4.00	16:23	4:05	18	4:55	97	5:10	19.70	1:58:35	6:01	39		87	34:56
Loddenke	3.20	14:14	4:26	17	3:43	79	3:50	22.90	2:12:49	5:47	40		87	38:46
Ilseburg/Markt	3.30	14:48	4:29	15	3:25	58	3:45	26.20	2:27:37	5:38	20	41:54	89	42:31