



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Albrecht, Jörg

Club: TSG Calbe/Saale  
Number: 148

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:28:25

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 106 (of 370)

Rank in course/Men: 96 (of 317)

Best time in course: 1:45:06

Rank in category: 24(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.	Stage score		Total ranking						
						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	20:01	6:27	24	3:32	111	6:06	6.40	37:48	5:54	68		91	10:20
Hermannsklippe	2.60	17:44	6:49	28	3:43	130	6:02	9.00	55:32	6:10	68		94	16:00
Brocken	3.10	29:16	9:26	24	8:07	101	10:15	12.10	1:24:48	7:00	68		94	24:50
Eiserner Handwe	3.60	17:52	4:57	25	3:22	87	5:24	15.70	1:42:40	6:32	68		94	30:14
Schlüsie	4.00	16:19	4:04	25	2:50	89	5:06	19.70	1:58:59	6:02	63		94	35:20
Loddenke	3.20	14:26	4:30	24	2:32	86	4:02	22.90	2:13:25	5:49	68		94	39:22
Ilsenburg/Markt	3.30	15:00	4:32	16	2:20	67	3:57	26.20	2:28:25	5:39	24	27:04	96	43:19