



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Graupe, Manfred

Club: LAV Alfeld  
Number: 167

Course: 26.20 km  
Brockenlauf

Category:  
Männer M55

Total time: 2:28:57

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 111 (of 370)

Rank in course/Men: 100 (of 317)

Best time in course: 1:45:06

Rank in category: 8(of 30)

Best time in the category: 2:09:58

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	18:05	5:28	7	3:04	107	5:03	3.30	18:05	5:28	24		46	5:02
Schlüsie	3.10	19:02	6:08	5	2:04	81	5:07	6.40	37:07	5:47	24		98	9:39
Hermannsklippe	2.60	16:17	6:15	5	1:27	76	4:35	9.00	53:24	5:56	24		98	13:52
Brocken	3.10	28:23	9:09	7	1:22	85	9:22	12.10	1:21:47	6:45	24		98	21:49
Eiserner Handwe	3.60	17:09	4:45	5	1:45	69	4:41	15.70	1:38:56	6:18	24		98	26:30
Schlüsie	4.00	15:56	3:59	4	1:41	72	4:43	19.70	1:54:52	5:49	22		98	31:13
Loddenke	3.20	16:17	5:05	12	3:15	155	5:53	22.90	2:11:09	5:43	24		98	37:06
Ilseburg/Markt	3.30	17:48	5:23	16	4:36	176	6:45	26.20	2:28:57	5:41	8	18:59	100	43:51