



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Rox, Andreas

Club: Ebersbach
Number: 339

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:29:07

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 112 (of 370)

Rank in course/Men: 101 (of 317)

Best time in course: 1:45:06

Rank in category: 12(of 51)

Best time in the category: 1:57:52

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	18:00	5:27	13	2:46	102	4:58	3.30	18:00	5:27	37		99	4:57
Schlüsie	3.10	19:12	6:11	11	2:47	87	5:17	6.40	37:12	5:48	37		99	9:44
Hermannsklippe	2.60	16:40	6:24	11	3:04	93	4:58	9.00	53:52	5:59	37		99	14:20
Brocken	3.10	27:30	8:52	8	5:06	67	8:29	12.10	1:21:22	6:43	37		99	21:24
Eiserner Handwe	3.60	19:01	5:16	19	5:29	127	6:33	15.70	1:40:23	6:23	35		80	27:57
Schlüsie	4.00	17:11	4:17	19	4:22	120	5:58	19.70	1:57:34	5:58	35		99	33:55
Loddenke	3.20	15:17	4:46	18	3:57	111	4:53	22.90	2:12:51	5:48	37		99	38:48
Ilseburg/Markt	3.30	16:16	4:55	19	4:07	113	5:13	26.20	2:29:07	5:41	12	31:15	101	44:01