



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Liebau, Torsten

Club: SG Commerzbank Quedlinburg  
Number: 392

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:33:19

Speed: 10.18 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 123 (of 370)

Rank in course/Men: 111 (of 317)

Best time in course: 1:45:06

Rank in category: 28(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	19:09	5:48	39	4:51	166	6:07	3.30	19:09	5:48	65		107	6:06
Schlüsie	3.10	21:02	6:47	38	4:33	155	7:07	6.40	40:11	6:16	65		107	12:43
Hermannsklippe	2.60	17:44	6:49	28	3:43	130	6:02	9.00	57:55	6:26	65		107	18:23
Brocken	3.10	31:36	10:11	39	10:27	159	12:35	12.10	1:29:31	7:23	65		107	29:33
Eiserner Handwe	3.60	17:16	4:47	17	2:46	73	4:48	15.70	1:46:47	6:48	65		107	34:21
Schlüsie	4.00	15:24	3:51	13	1:55	58	4:11	19.70	2:02:11	6:12	60		107	38:32
Loddenke	3.20	14:15	4:27	21	2:21	81	3:51	22.90	2:16:26	5:57	65		107	42:23
Ilseburg/Markt	3.30	16:53	5:06	39	4:13	138	5:50	26.20	2:33:19	5:51	28	31:58	111	48:13