



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Hilpert, Dirk

Club: Berlin
Number: 138

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:34:11

Speed: 10.12 km/h
Running performance: 5:53 min/km

Rank in course/Total: 126 (of 370)

Rank in course/Men: 113 (of 317)

Best time in course: 1:45:06

Rank in category: 30(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	19:12	5:49	40	4:54	170	6:10	3.30	19:12	5:49	63		109	6:09
Schlüsie	3.10	20:06	6:29	26	3:37	117	6:11	6.40	39:18	6:08	63		109	11:50
Hermannsklippe	2.60	17:22	6:40	25	3:21	114	5:40	9.00	56:40	6:17	63		109	17:08
Brocken	3.10	27:28	8:51	15	6:19	65	8:27	12.10	1:24:08	6:57	63		109	24:10
Eiserner Handwe	3.60	20:16	5:37	43	5:46	171	7:48	15.70	1:44:24	6:38	63		109	31:58
Schlüsie	4.00	17:40	4:25	32	4:11	137	6:27	19.70	2:02:04	6:11	58		109	38:25
Loddenke	3.20	15:32	4:51	30	3:38	122	5:08	22.90	2:17:36	6:00	63		109	43:33
Ilseburg/Markt	3.30	16:35	5:01	33	3:55	126	5:32	26.20	2:34:11	5:53	30	32:50	113	49:05