



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Ochmann, Thomas

Club: Ilsenburg
Number: 199

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:35:15

Speed: 10.05 km/h
Running performance: 5:56 min/km

Rank in course/Total: 131 (of 370)

Rank in course/Men: 118 (of 317)

Best time in course: 1:45:06

Rank in category: 22(of 47)

Best time in the category: 1:45:43

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	18:48	5:41	23	5:46	143	5:46	3.30	18:48	5:41	42		114	5:45
Schlüsie	3.10	20:55	6:44	25	6:46	148	7:00	6.40	39:43	6:12	6		114	12:15
Hermannsklippe	2.60	18:16	7:01	28	6:19	155	6:34	9.00	57:59	6:26	42		114	18:27
Brocken	3.10	32:36	10:30	34	12:31	181	13:35	12.10	1:30:35	7:29	42	0:04	114	30:37
Eiserner Handwe	3.60	19:12	5:19	24	6:40	139	6:44	15.70	1:49:47	6:59	42		114	37:21
Schlüsie	4.00	16:15	4:03	16	4:47	83	5:02	19.70	2:06:02	6:23	41		114	42:23
Loddenke	3.20	14:14	4:26	17	3:43	79	3:50	22.90	2:20:16	6:07	42		114	46:13
Ilsenburg/Markt	3.30	14:59	4:32	16	3:36	65	3:56	26.20	2:35:15	5:55	22	49:32	118	50:09