



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Mothes, Matthias

Club: Kindelbrück
Number: 31

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:35:19

Speed: 10.04 km/h
Running performance: 5:56 min/km

Rank in course/Total: 132 (of 370)

Rank in course/Men: 119 (of 317)

Best time in course: 1:45:06

Rank in category: 23(of 47)

Best time in the category: 1:45:43

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	18:51	5:42	26	5:49	148	5:49	3.30	18:51	5:42	43		115	5:48
Schlüsie	3.10	20:19	6:33	22	6:10	127	6:24	6.40	39:10	6:07	43		115	11:42
Hermannsklippe	2.60	17:05	6:34	21	5:08	103	5:23	9.00	56:15	6:15	43		115	16:43
Brocken	3.10	32:06	10:21	30	12:01	169	13:05	12.10	1:28:21	7:18	43		115	28:23
Eiserner Handwe	3.60	18:44	5:12	21	6:12	114	6:16	15.70	1:47:05	6:49	43		115	34:39
Schlüsie	4.00	17:00	4:15	21	5:32	115	5:47	19.70	2:04:05	6:17	42		115	40:26
Loddenke	3.20	15:22	4:48	21	4:51	114	4:58	22.90	2:19:27	6:05	43		115	45:24
Ilseburg/Markt	3.30	15:52	4:48	18	4:29	98	4:49	26.20	2:35:19	5:55	23	49:36	119	50:13