



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Lischka, Karl

Club: MT-Melsungen
Number: 333

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 2:35:20

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

Rank in course/Total: 133 (of 370)

Rank in course/Men: 120 (of 317)

Best time in course: 1:45:06

Rank in category: 5(of 21)

Best time in the category: 2:18:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:12	6:07	8	3:34	210	7:10	3.30	20:12	6:07	18		116	7:09
Schlüsie	3.10	20:59	6:46	7	2:24	152	7:04	6.40	41:11	6:26	18		116	13:43
Hermannsklippe	2.60	17:33	6:45	6	1:39	124	5:51	9.00	58:44	6:31	18		116	19:12
Brocken	3.10	30:32	9:50	6	3:58	131	11:31	12.10	1:29:16	7:22	18		116	29:18
Eiserner Handwe	3.60	17:55	4:58	5	1:47	92	5:27	15.70	1:47:11	6:49	18		116	34:45
Schlüsie	4.00	16:20	4:04	5	1:17	91	5:07	19.70	2:03:31	6:16	14		116	39:52
Loddenke	3.20	14:35	4:33	4	0:54	93	4:11	22.90	2:18:06	6:01	18		116	44:03
Ilseburg/Markt	3.30	17:14	5:13	4	2:21	149	6:11	26.20	2:35:20	5:55	5	17:04	120	50:14