



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: 10.12 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 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 | 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 |