



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Flammer, Frnk

Club: Hanover 96 Triathlon
Number: 375

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:37:40

Speed: 9.89 km/h
Running performance: 6:01 min/km

Rank in course/Total: 146 (of 370)

Rank in course/Men: 132 (of 317)

Best time in course: 1:45:06

Rank in category: 25(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	19:55	6:02	36	6:53	196	6:53	3.30	19:55	6:02	12	0:03	128	6:52
Schlüsie	3.10	20:51	6:43	24	6:42	142	6:56	6.40	40:46	6:22	12		128	13:18
Hermannsklippe	2.60	17:22	6:40	23	5:25	114	5:40	9.00	58:08	6:27	12		128	18:36
Brocken	3.10	28:10	9:05	17	8:05	79	9:09	12.10	1:26:18	7:07	12		128	26:20
Eiserner Handwe	3.60	20:32	5:42	30	8:00	184	8:04	15.70	1:46:50	6:48	12		128	34:24
Schlüsie	4.00	19:16	4:48	31	7:48	197	8:03	19.70	2:06:06	6:24	2		128	42:27
Loddenke	3.20	15:17	4:46	20	4:46	111	4:53	22.90	2:21:23	6:10	12		128	47:20
Ilseburg/Markt	3.30	16:17	4:56	21	4:54	115	5:14	26.20	2:37:40	6:01	25	51:57	132	52:34