



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 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: 9.97 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 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 | 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 |
| Ilsenburg/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 |