



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Möller, Udo

Club: SPIRIDON Laufmagazin

Number: 81

Course: 26.20 km

Brockenlauf

Category:

Männer M50

Total time: 2:39:18

Speed: 9.79 km/h

Running performance: 6:05 min/km

Rank in course/Total: 159 (of 370)

Rank in course/Men: 143 (of 317)

Best time in course: 1:45:06

Rank in category: 22(of 51)

Best time in the category: 1:57:52

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	17:12	5:12	8	1:58	70	4:10	3.30	17:12	5:12	47		125	4:09
Schlüsie	3.10	20:21	6:33	17	3:56	129	6:26	6.40	37:33	5:52	47		86	10:05
Hermannsklippe	2.60	18:21	7:03	23	4:45	159	6:39	9.00	55:54	6:12	47		139	16:22
Brocken	3.10	32:39	10:31	26	10:15	183	13:38	12.10	1:28:33	7:19	47		139	28:35
Eiserner Handwe	3.60	17:52	4:57	9	4:20	87	5:24	15.70	1:46:25	6:46	47		117	33:59
Schlüsie	4.00	17:34	4:23	21	4:45	130	6:21	19.70	2:03:59	6:17	45		139	40:20
Loddenke	3.20	17:23	5:25	35	6:03	193	6:59	22.90	2:21:22	6:10	47		139	47:19
Ilseburg/Markt	3.30	17:56	5:26	30	5:47	179	6:53	26.20	2:39:18	6:04	22	41:26	143	54:12