



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Witzel, Dirk

Club: Ribnitz-Damgarten  
Number: 2

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:39:24

Speed: 9.79 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 161 (of 370)

Rank in course/Men: 145 (of 317)

Best time in course: 1:45:06

Rank in category: 35(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:36	5:38	31	4:18	133	5:34	3.30	18:36	5:38	58		141	5:33
Schlüsie	3.10	20:52	6:43	34	4:23	145	6:57	6.40	39:28	6:10	58		141	12:00
Hermannsklippe	2.60	19:29	7:29	46	5:28	203	7:47	9.00	58:57	6:33	58		141	19:25
Brocken	3.10	32:58	10:38	47	11:49	194	13:57	12.10	1:31:55	7:35	58	1:19	141	31:57
Eiserner Handwe	3.60	18:49	5:13	31	4:19	117	6:21	15.70	1:50:44	7:03	58	0:18	141	38:18
Schlüsie	4.00	18:41	4:40	45	5:12	176	7:28	19.70	2:09:25	6:34	53		141	45:46
Loddenke	3.20	14:18	4:28	23	2:24	83	3:54	22.90	2:23:43	6:16	58		141	49:40
Ilseburg/Markt	3.30	15:41	4:45	25	3:01	95	4:38	26.20	2:39:24	6:05	35	38:03	145	54:18