



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Hentsch, Dr. Thorsten

Club: SV Hermsdorf  
Number: 362

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:42:59

Speed: 9.65 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 180 (of 370)

Rank in course/Men: 160 (of 317)

Best time in course: 1:45:06

Rank in category: 40(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	19:04	5:46	36	162	4:46	6:02	3.30	19:04	5:46	18	58	6:01	
Schlüsie	3.10	20:40	6:40	32	137	4:11	6:45	6.40	39:44	6:12	18	155	12:16	
Hermannsklippe	2.60	18:50	7:14	42	179	4:49	7:08	9.00	58:34	6:30	18	155	19:02	
Brocken	3.10	30:34	9:51	32	134	9:25	11:33	12.10	1:29:08	7:21	18	155	29:10	
Eiserner Handwe	3.60	21:33	5:59	49	214	7:03	9:05	15.70	1:50:41	7:02	18	0:15	155	38:15
Schlüsie	4.00	19:42	4:55	51	215	6:13	8:29	19.70	2:10:23	6:37	15	155	46:44	
Loddenke	3.20	16:23	5:07	40	160	4:29	5:59	22.90	2:26:46	6:24	18	155	52:43	
Ilseburg/Markt	3.30	16:13	4:54	29	111	3:33	5:10	26.20	2:42:59	6:13	40	41:38	160	57:53