



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

**Noack, Ronald**

Club: Lauffeuer Fröttstädt

Number: 228

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:44:15

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 189 (of 370)

Rank in course/Men: 168 (of 317)

Best time in course: 1:45:06

Rank in category: 45(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			Total ranking		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:08	6:06	53	5:50	207	7:06	3.30	20:08	6:06	13	0:24	163	7:05
Schlüsie	3.10	21:40	6:59	48	5:11	184	7:45	6.40	41:48	6:31	13	0:41	148	14:20
Hermannsklippe	2.60	18:55	7:16	43	4:54	180	7:13	9.00	1:00:43	6:44	13	1:11	163	21:11
Brocken	3.10	30:39	9:53	33	9:30	135	11:38	12.10	1:31:22	7:33	13	0:46	163	31:24
Eiserner Handwe	3.60	21:37	6:00	50	7:07	215	9:09	15.70	1:52:59	7:11	13	2:33	163	40:33
Schlüsie	4.00	18:25	4:36	42	4:56	162	7:12	19.70	2:11:24	6:40	1	-	163	47:45
Loddenke	3.20	16:09	5:02	38	4:15	148	5:45	22.90	2:27:33	6:26	13	0:10	163	53:30
Ilseburg/Markt	3.30	16:42	5:03	34	4:02	129	5:39	26.20	2:44:15	6:16	45	42:54	168	59:09