



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Bechler, Ralf

Club: Rennsteiglaufverein

Number: 233

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:44:26

Speed: 9.49 km/h

Running performance: 6:17 min/km

Rank in course/Total: 190 (of 370)

Rank in course/Men: 169 (of 317)

Best time in course: 1:45:06

Rank in category: 46(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	17:41	5:21	20	3:23	91	4:39	3.30	17:41	5:21	12		164	4:38
Schlüsie	3.10	20:13	6:31	29	3:44	124	6:18	6.40	37:54	5:55	12		164	10:26
Hermannsklippe	2.60	18:32	7:07	40	4:31	167	6:50	9.00	56:26	6:16	12		164	16:54
Brocken	3.10	29:23	9:28	26	8:14	105	10:22	12.10	1:25:49	7:05	12		164	25:51
Eiserner Handwe	3.60	19:00	5:16	32	4:30	126	6:32	15.70	1:44:49	6:40	12		164	32:23
Schlüsie	4.00	18:25	4:36	42	4:56	162	7:12	19.70	2:03:14	6:15	9		164	39:35
Loddenke	3.20	18:30	5:46	50	6:36	215	8:06	22.90	2:21:44	6:11	12		164	47:41
Ilseburg/Markt	3.30	22:42	6:52	63	10:02	271	11:39	26.20	2:44:26	6:16	46	43:05	169	59:20