



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Vahldiek, Frank

Club: Marathon Hildesheim
Number: 299

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:45:21

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 193 (of 370)

Rank in course/Men: 171 (of 317)

Best time in course: 1:45:06

Rank in category: 27(of 51)

Best time in the category: 1:57:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Loddenke	3.30	20:39	6:15	31	5:25	224	7:37	3.30	20:39	6:15	2	0:30	166	7:36
Schlüsie	3.10	23:30	7:34	36	7:05	240	9:35	6.40	44:09	6:53	2	1:02	166	16:41
Hermannsklippe	2.60	20:04	7:43	33	6:28	220	8:22	9.00	1:04:13	7:08	2	1:11	166	24:41
Brocken	3.10	31:43	10:13	22	9:19	163	12:42	12.10	1:35:56	7:55	2		166	35:58
Eiserner Handwe	3.60	18:26	5:07	13	4:54	105	5:58	15.70	1:54:22	7:17	2		166	41:56
Schlüsie	4.00	17:34	4:23	21	4:45	130	6:21	19.70	2:11:56	6:41	4		166	48:17
Loddenke	3.20	16:04	5:01	26	4:44	142	5:40	22.90	2:28:00	6:27	3		166	53:57
Ilseburg/Markt	3.30	17:21	5:15	26	5:12	157	6:18	26.20	2:45:21	6:18	27	47:29	171	1:00:15