



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Gerlach, Eberhard

Club: Garbsen  
Number: 45

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:46:31

Speed: 9.37 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 203 (of 370)

Rank in course/Men: 180 (of 317)

Best time in course: 1:45:06

Rank in category: 48(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	19:44	5:58	46	5:26	185	6:42	3.30	19:44	5:58	1	-	175	6:41
Schlüsie	3.10	21:23	6:53	43	4:54	169	7:28	6.40	41:07	6:25	1	-	175	13:39
Hermannsklippe	2.60	18:25	7:05	38	4:24	164	6:43	9.00	59:32	6:36	1	-	175	20:00
Brocken	3.10	31:04	10:01	38	9:55	151	12:03	12.10	1:30:36	7:29	1	-	175	30:38
Eiserner Handwe	3.60	19:50	5:30	39	5:20	159	7:22	15.70	1:50:26	7:02	1	-	175	38:00
Schlüsie	4.00	18:21	4:35	40	4:52	160	7:08	19.70	2:08:47	6:32	7		175	45:08
Loddenke	3.20	18:36	5:48	53	6:42	219	8:12	22.90	2:27:23	6:26	1	-	175	53:20
Ilseburg/Markt	3.30	19:08	5:47	54	6:28	214	8:05	26.20	2:46:31	6:21	48	45:10	180	1:01:25