



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Förster, Norbert

Club: Braunschweig
Number: 372

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:46:33

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

Rank in course/Total: 204 (of 370)

Rank in course/Men: 181 (of 317)

Best time in course: 1:45:06

Rank in category: 33(of 47)

Best time in the category: 1:45:43

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	21:27	6:30	41	8:25	255	8:25	3.30	21:27	6:30	9	1:35	176	8:24
Schlüsie	3.10	23:04	7:26	40	8:55	232	9:09	6.40	44:31	6:57	9	3:37	176	17:03
Hermannsklippe	2.60	19:28	7:29	36	7:31	201	7:46	9.00	1:03:59	7:06	9	4:58	176	24:27
Brocken	3.10	31:03	10:00	25	10:58	150	12:02	12.10	1:35:02	7:51	9	4:31	176	35:04
Eiserner Handwe	3.60	20:13	5:36	29	7:41	169	7:45	15.70	1:55:15	7:20	9	3:45	176	42:49
Schlüsie	4.00	18:43	4:40	28	7:15	178	7:30	19.70	2:13:58	6:48	10	2:48	176	50:19
Loddenke	3.20	15:56	4:58	27	5:25	135	5:32	22.90	2:29:54	6:32	9	0:18	176	55:51
Ilseburg/Markt	3.30	16:39	5:02	24	5:16	127	5:36	26.20	2:46:33	6:21	33	1:00:50	181	1:01:27