



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Vollrath, Mark

Club: TU Braunschweig
Number: 381

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:46:45

Speed: 9.36 km/h
Running performance: 6:22 min/km

Rank in course/Total: 206 (of 370)

Rank in course/Men: 183 (of 317)

Best time in course: 1:45:06

Rank in category: 49(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	18:54	5:43	33	4:36	150	5:52	3.30	18:54	5:43	9		178	5:51
Schlüsie	3.10	22:16	7:10	51	5:47	207	8:21	6.40	41:10	6:25	9	0:03	178	13:42
Hermannsklippe	2.60	19:19	7:25	44	5:18	195	7:37	9.00	1:00:29	6:43	9	0:57	178	20:57
Brocken	3.10	32:45	10:33	45	11:36	188	13:44	12.10	1:33:14	7:42	9	2:38	178	33:16
Eiserner Handwe	3.60	20:43	5:45	45	6:13	192	8:15	15.70	1:53:57	7:15	9	3:31	178	41:31
Schlüsie	4.00	18:12	4:32	36	4:43	155	6:59	19.70	2:12:09	6:42	6	0:45	178	48:30
Loddenke	3.20	17:14	5:23	44	5:20	189	6:50	22.90	2:29:23	6:31	9	2:00	178	55:20
Ilseburg/Markt	3.30	17:22	5:15	41	4:42	158	6:19	26.20	2:46:45	6:21	49	45:24	183	1:01:39