



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Immenroth, Lothar

Club: BSV Eickendorf
Number: 377

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:48:18

Speed: 9.27 km/h
Running performance: 6:25 min/km

Rank in course/Total: 217 (of 370)

Rank in course/Men: 193 (of 317)

Best time in course: 1:45:06

Rank in category: 17(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:56	6:20	19	235	5:55	7:54	3.30	20:56	6:20	15		188	7:53
Schlüsie	3.10	22:09	7:08	19	203	5:11	8:14	6.40	43:05	6:43	15	0:19	188	15:37
Hermannsklippe	2.60	19:03	7:19	16	186	4:13	7:21	9.00	1:02:08	6:54	15	1:39	188	22:36
Brocken	3.10	32:15	10:24	14	171	5:14	13:14	12.10	1:34:23	7:48	15	3:14	188	34:25
Eiserner Handwe	3.60	20:36	5:43	16	189	5:12	8:08	15.70	1:54:59	7:19	15	2:33	165	42:33
Schlüsie	4.00	19:28	4:51	19	206	5:13	8:15	19.70	2:14:27	6:49	13	1:18	188	50:48
Loddenke	3.20	16:33	5:10	14	165	3:31	6:09	22.90	2:31:00	6:35	15	1:22	188	56:57
Ilseburg/Markt	3.30	17:18	5:14	11	154	4:06	6:15	26.20	2:48:18	6:25	17	38:20	193	1:03:12