



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt
Number: 310

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 2:49:44

Speed: 9.19 km/h
Running performance: 6:29 min/km

Rank in course/Total: 226 (of 370)

Rank in course/Men: 201 (of 317)

Best time in course: 1:45:06

Rank in category: 10(of 21)

Best time in the category: 2:18:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:17	6:45	16	5:39	274	9:15	3.30	22:17	6:45	13	0:31	196	9:14
Schlüsie	3.10	22:45	7:20	12	4:10	221	8:50	6.40	45:02	7:02	13	0:44	196	17:34
Hermannsklippe	2.60	18:36	7:09	8	2:42	170	6:54	9.00	1:03:38	7:04	13	0:43	196	24:06
Brocken	3.10	32:58	10:38	10	6:24	194	13:57	12.10	1:36:36	7:59	13	0:34	196	36:38
Eiserner Handwe	3.60	20:17	5:38	7	4:09	174	7:49	15.70	1:56:53	7:26	13	0:18	196	44:27
Schlüsie	4.00	18:19	4:34	7	3:16	158	7:06	19.70	2:15:12	6:51	9	0:57	196	51:33
Loddenke	3.20	16:20	5:06	6	2:39	158	5:56	22.90	2:31:32	6:37	13		196	57:29
Ilseburg/Markt	3.30	18:12	5:30	8	3:19	190	7:09	26.20	2:49:44	6:28	10	31:28	201	1:04:38