



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Fritsche, Rainer

Club: Wernigerode  
Number: 142

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:51:03

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 230 (of 370)

Rank in course/Men: 204 (of 317)

Best time in course: 1:45:06

Rank in category: 50(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	19:59	6:03	51	5:41	200	6:57	3.30	19:59	6:03	8	0:15	199	6:56
Schlüsie	3.10	22:02	7:06	49	5:33	196	8:07	6.40	42:01	6:33	8	0:54	199	14:33
Hermannsklippe	2.60	19:41	7:34	47	5:40	208	7:59	9.00	1:01:42	6:51	8	2:10	199	22:10
Brocken	3.10	33:33	10:49	49	12:24	211	14:32	12.10	1:35:15	7:52	8	4:39	199	35:17
Eiserner Handwe	3.60	19:02	5:17	33	4:32	129	6:34	15.70	1:54:17	7:16	8	3:51	199	41:51
Schlüsie	4.00	18:13	4:33	37	4:44	156	7:00	19.70	2:12:30	6:43	5	1:06	199	48:51
Loddenke	3.20	18:54	5:54	56	7:00	228	8:30	22.90	2:31:24	6:36	8	4:01	199	57:21
Ilseburg/Markt	3.30	19:39	5:57	56	6:59	229	8:36	26.20	2:51:03	6:31	50	49:42	204	1:05:57