



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Dörntge, Andreas**

Club: Laufftreff Medi-Fit Nienburg

Number: 153

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:51:12

Speed: 9.11 km/h

Running performance: 6:32 min/km

Rank in course/Total: 232 (of 370)

Rank in course/Men: 206 (of 317)

Best time in course: 1:45:06

Rank in category: 51(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 km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Cat.	Behind Cat.		
Loddenke	3.30	16:46	5:04	11	2:28	55	3:44	3.30	16:46	5:04	7		201	3:43
Schlüsie	3.10	21:15	6:51	40	4:46	165	7:20	6.40	38:01	5:56	7		201	10:33
Hermannsklippe	2.60	20:20	7:49	54	6:19	227	8:38	9.00	58:21	6:29	7		201	18:49
Brocken	3.10	34:59	11:17	53	13:50	234	15:58	12.10	1:33:20	7:42	7	2:44	201	33:22
Eiserner Handwe	3.60	21:17	5:54	47	6:47	208	8:49	15.70	1:54:37	7:18	7	4:11	201	42:11
Schlüsie	4.00	20:28	5:06	55	6:59	227	9:15	19.70	2:15:05	6:51	4	3:41	201	51:26
Loddenke	3.20	17:51	5:34	46	5:57	198	7:27	22.90	2:32:56	6:40	7	5:33	201	58:53
Ilsenburg/Markt	3.30	18:16	5:32	49	5:36	194	7:13	26.20	2:51:12	6:32	51	49:51	206	1:06:06