



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

## Detailed evaluation

**Dörntge, Andreas**

Club: Lauftreff Medi-Fit Nienburg

Number: 153

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:51:12

Speed: 9.18 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total<br>km | Total<br>Time | Total<br>min/km | Total ranking |                | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men |             |               |                 | Pos<br>Cat.   | Behind<br>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       |