



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Altermann, Heinz

Club: ESV 49 Angermünde -Die Lokvögel-
Number: 35

Course: 26.20 km
Brockenlauf

Category:
Männer M65

Total time: 2:53:05

Speed: 9.01 km/h
Running performance: 6:37 min/km

Rank in course/Total: 239 (of 370)

Rank in course/Men: 212 (of 317)

Best time in course: 1:45:06

Rank in category: 5(of 13)

Best time in the category: 2:32:40

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:53	6:37	10	3:28	267	8:51	3.30	21:53	6:37	4	3:28	207	8:50
Schlüsie	3.10	23:52	7:41	8	2:08	249	9:57	6.40	45:45	7:08	4	5:36	207	18:17
Hermannsklippe	2.60	21:07	8:07	6	2:29	246	9:25	9.00	1:06:52	7:25	3	8:05	200	27:20
Brocken	3.10	33:19	10:44	3	3:43	204	14:18	12.10	1:40:11	8:16	4	11:48	207	40:13
Eiserner Handwe	3.60	22:11	6:09	8	2:58	228	9:43	15.70	2:02:22	7:47	4	13:32	207	49:56
Schlüsie	4.00	18:58	4:44	4	2:23	190	7:45	19.70	2:21:20	7:10	4	14:46	207	57:41
Loddenke	3.20	15:52	4:57	2	0:33	134	5:28	22.90	2:37:12	6:51	4	13:33	207	1:03:09
Ilseburg/Markt	3.30	15:53	4:48	1	-	100	4:50	26.20	2:53:05	6:36	5	20:25	212	1:07:59