



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Tittelmeier, Hans-Christian

Club: Go ahead Jesus  
Number: 259

Course: 26.20 km  
Brockenlauf

Category:  
Männer M55

Total time: 2:58:10

Speed: 8.82 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 262 (of 370)

Rank in course/Men: 229 (of 317)

Best time in course: 1:45:06

Rank in category: 21(of 30)

Best time in the category: 2:09:58

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	22:01	6:40	23	7:00	269	8:59	3.30	22:01	6:40	11	1:04	224	8:58
Schlüsie	3.10	23:19	7:31	22	6:21	238	9:24	6.40	45:20	7:04	11	2:34	224	17:52
Hermannsklippe	2.60	20:16	7:47	21	5:26	225	8:34	9.00	1:05:36	7:17	11	5:07	224	26:04
Brocken	3.10	33:51	10:55	20	6:50	219	14:50	12.10	1:39:27	8:13	11	8:18	224	39:29
Eiserner Handwe	3.60	20:57	5:49	18	5:33	199	8:29	15.70	2:00:24	7:40	11	7:58	215	47:58
Schlüsie	4.00	18:28	4:36	15	4:13	171	7:15	19.70	2:18:52	7:02	9	5:43	224	55:13
Loddenke	3.20	19:09	5:59	23	6:07	232	8:45	22.90	2:38:01	6:54	11	8:23	224	1:03:58
Ilseburg/Markt	3.30	20:09	6:06	25	6:57	240	9:06	26.20	2:58:10	6:48	21	48:12	229	1:13:04