



41. Brockenlauf, 21. Ilsesteinlauf
Ilsenburg / 03.09.2011

Detailed evaluation

Borowicz, Joachim

Club: Ilsenburg
Number: 297

Course: 26.20 km
Brockenlauf

Category:
Männer M65

Total time: 2:59:10

Speed: 8.77 km/h
Running performance: 6:50 min/km

Rank in course/Total: 266 (of 370)

Rank in course/Men: 233 (of 317)

Best time in course: 1:45:06

Rank in category: 8(of 13)

Best time in the category: 2:32:40

Intermediate times				Stage score				Total ranking						
Control	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	18:40	5:39	2	0:15	137	5:38	3.30	18:40	5:39	7	0:15	230	5:37
Schlüsie	3.10	22:20	7:12	3	0:36	212	8:25	6.40	41:00	6:24	7	0:51	230	13:32
Hermannsklippe	2.60	21:37	8:18	8	2:59	256	9:55	9.00	1:02:37	6:57	7	3:50	230	23:05
Brocken	3.10	33:27	10:47	4	3:51	209	14:26	12.10	1:36:04	7:56	7	7:41	230	36:06
Eiserner Handwe	3.60	22:08	6:08	6	2:55	225	9:40	15.70	1:58:12	7:31	7	9:22	230	45:46
Schlüsie	4.00	21:26	5:21	9	4:51	245	10:13	19.70	2:19:38	7:05	7	13:04	230	55:59
Loddenke	3.20	19:54	6:13	9	4:35	250	9:30	22.90	2:39:32	6:57	7	15:53	230	1:05:29
Ilsenburg/Markt	3.30	19:38	5:56	5	3:45	228	8:35	26.20	2:59:10	6:50	8	26:30	233	1:14:04