



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Scheibe, Frank

Club: SV Westfeld  
Number: 255

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 3:03:58

Speed: 8.55 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 281 (of 370)

Rank in course/Men: 244 (of 317)

Best time in course: 1:45:06

Rank in category: 59(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:15	6:08	57	213	5:57	7:13	3.30	20:15	6:08	35	241	0:31	7:12
Schlüsie	3.10	22:14	7:10	50	205	5:45	8:19	6.40	42:29	6:38	35	241	1:22	15:01
Hermannsklippe	2.60	19:58	7:40	53	217	5:57	8:16	9.00	1:02:27	6:56	35	241	2:55	22:55
Brocken	3.10	36:46	11:51	57	252	15:37	17:45	12.10	1:39:13	8:11	35	222	8:37	39:15
Eiserner Handwe	3.60	24:52	6:54	66	277	10:22	12:24	15.70	2:04:05	7:54	35	241	13:39	51:39
Schlüsie	4.00	22:36	5:39	65	271	9:07	11:23	19.70	2:26:41	7:26	30	241	15:17	1:03:02
Loddenke	3.20	18:36	5:48	53	219	6:42	8:12	22.90	2:45:17	7:13	35	241	17:54	1:11:14
Ilseburg/Markt	3.30	18:41	5:39	52	208	6:01	7:38	26.20	3:03:58	7:01	59	244	1:02:37	1:18:52