



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Albrecht, Dieter

Club: ESV 49 Angermünde -Die Lokvögel-
Number: 67

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 3:04:11

Speed: 8.47 km/h
Running performance: 7:02 min/km

Rank in course/Total: 283 (of 370)

Rank in course/Men: 246 (of 317)

Best time in course: 1:45:06

Rank in category: 15(of 21)

Best time in the category: 2:18:16

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	21:54	6:38	15	5:16	268	8:52	3.30	21:54	6:38	8	0:08	243	8:51
Schlüsie	3.10	23:54	7:42	15	5:19	251	9:59	6.40	45:48	7:09	8	1:30	243	18:20
Hermannsklippe	2.60	21:07	8:07	15	5:13	246	9:25	9.00	1:06:55	7:26	8	4:00	243	27:23
Brocken	3.10	33:16	10:43	13	6:42	202	14:15	12.10	1:40:11	8:16	8	4:09	207	40:13
Eiserner Handwe	3.60	23:51	6:37	15	7:43	268	11:23	15.70	2:04:02	7:54	8	7:27	243	51:36
Schlüsie	4.00	22:37	5:39	16	7:34	272	11:24	19.70	2:26:39	7:26	4	12:24	243	1:03:00
Loddenke	3.20	19:06	5:58	12	5:25	231	8:42	22.90	2:45:45	7:14	8	12:19	243	1:11:42
Ilseburg/Markt	3.30	18:26	5:35	10	3:33	204	7:23	26.20	3:04:11	7:01	15	45:55	246	1:19:05