



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Popper, Norbert

Club: Parstein
Number: 129

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 3:07:13

Speed: 8.40 km/h
Running performance: 7:09 min/km

Rank in course/Total: 294 (of 370)

Rank in course/Men: 255 (of 317)

Best time in course: 1:45:06

Rank in category: 42(of 47)

Best time in the category: 1:45:43

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	21:40	6:33	42	8:38	257	8:38	3.30	21:40	6:33	18	1:48	252	8:37
Schlüsie	3.10	23:21	7:31	41	9:12	239	9:26	6.40	45:01	7:02	18	4:07	252	17:33
Hermannsklippe	2.60	20:55	8:02	40	8:58	240	9:13	9.00	1:05:56	7:19	18	6:55	252	26:24
Brocken	3.10	37:16	12:01	41	17:11	263	18:15	12.10	1:43:12	8:31	18	12:41	252	43:14
Eiserner Handwe	3.60	23:02	6:23	39	10:30	246	10:34	15.70	2:06:14	8:02	18	14:44	252	53:48
Schlüsie	4.00	21:22	5:20	39	9:54	244	10:09	19.70	2:27:36	7:29	19	16:26	252	1:03:57
Loddenke	3.20	19:10	5:59	37	8:39	233	8:46	22.90	2:46:46	7:16	18	17:10	252	1:12:43
Ilseburg/Markt	3.30	20:27	6:11	40	9:04	246	9:24	26.20	3:07:13	7:08	42	1:21:30	255	1:22:07