



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Fischer, Christian

Number: 364

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:13:27

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 307 (of 370)

Rank in course/Men: 267 (of 317)

Best time in course: 1:45:06

Rank in category: 64(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	20:39	6:15	59	224	6:21	7:37	3.30	20:39	6:15	30	166	0:55	7:36
Schlüsie	3.10	24:29	7:53	62	266	8:00	10:34	6.40	45:08	7:03	30	263	4:01	17:40
Hermannsklippe	2.60	21:58	8:26	62	267	7:57	10:16	9.00	1:07:06	7:27	30	263	7:34	27:34
Brocken	3.10	39:25	12:42	67	284	18:16	20:24	12.10	1:46:31	8:48	30	263	15:55	46:33
Eiserner Handwe	3.60	22:29	6:14	55	237	7:59	10:01	15.70	2:09:00	8:12	30	263	18:34	56:34
Schlüsie	4.00	19:35	4:53	50	210	6:06	8:22	19.70	2:28:35	7:32	25	263	17:11	1:04:56
Loddenke	3.20	21:11	6:37	62	264	9:17	10:47	22.90	2:49:46	7:24	30	263	22:23	1:15:43
Ilseburg/Markt	3.30	23:41	7:10	65	282	11:01	12:38	26.20	3:13:27	7:23	64	267	1:12:06	1:28:21