



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Joachim, Dieter

Club: LT Salzgitter
Number: 284

Course: 26.20 km
Brockenlauf

Category:
Männer M60

Total time: 3:13:39

Speed: 8.06 km/h
Running performance: 7:23 min/km

Rank in course/Total: 308 (of 370)

Rank in course/Men: 268 (of 317)

Best time in course: 1:45:06

Rank in category: 16(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.	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	23:37	7:09	18	6:59	296	10:35	3.30	23:37	7:09	6	1:51	264	10:34
Schlüsie	3.10	24:10	7:47	16	5:35	255	10:15	6.40	47:47	7:27	7	3:29	264	20:19
Hermannsklippe	2.60	21:38	8:19	16	5:44	257	9:56	9.00	1:09:25	7:42	7	6:30	264	29:53
Brocken	3.10	38:58	12:34	16	12:24	279	19:57	12.10	1:48:23	8:57	7	12:21	264	48:25
Eiserner Handwe	3.60	25:03	6:57	17	8:55	281	12:35	15.70	2:13:26	8:29	6	16:51	264	1:01:00
Schlüsie	4.00	22:29	5:37	15	7:26	269	11:16	19.70	2:35:55	7:54	3	21:40	264	1:12:16
Loddenke	3.20	19:58	6:14	15	6:17	251	9:34	22.90	2:55:53	7:40	7	22:27	264	1:21:50
Ilseburg/Markt	3.30	17:46	5:23	6	2:53	173	6:43	26.20	3:13:39	7:23	16	55:23	268	1:28:33