



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Dittmann, Manfred

Club: DAV Nordhausen  
Number: 110

Course: 26.20 km  
Brockenlauf

Category:  
Männer M65

Total time: 3:16:18

Speed: 8.01 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 321 (of 370)

Rank in course/Men: 278 (of 317)

Best time in course: 1:45:06

Rank in category: 12(of 13)

Best time in the category: 2:32:40

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	21:07	6:23	7	2:42	243	8:05	3.30	21:07	6:23	11	2:42	274	8:04
Schlüsie	3.10	25:28	8:12	11	3:44	278	11:33	6.40	46:35	7:16	11	6:26	274	19:07
Hermannsklippe	2.60	23:48	9:09	11	5:10	289	12:06	9.00	1:10:23	7:49	11	11:36	274	30:51
Brocken	3.10	42:24	13:40	11	12:48	301	23:23	12.10	1:52:47	9:19	11	24:24	274	52:49
Eiserner Handwe	3.60	22:08	6:08	6	2:55	225	9:40	15.70	2:14:55	8:35	11	26:05	274	1:02:29
Schlüsie	4.00	19:39	4:54	7	3:04	213	8:26	19.70	2:34:34	7:50	11	28:00	274	1:10:55
Loddenke	3.20	18:09	5:40	6	2:50	206	7:45	22.90	2:52:43	7:32	11	29:04	274	1:18:40
Ilseburg/Markt	3.30	23:35	7:08	10	7:42	281	12:32	26.20	3:16:18	7:29	12	43:38	278	1:31:12