



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Bohle, Dr. Michael

Club: FC Wülfrath
Number: 103

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 3:18:54

Speed: 7.90 km/h
Running performance: 7:35 min/km

Rank in course/Total: 325 (of 370)

Rank in course/Men: 282 (of 317)

Best time in course: 1:45:06

Rank in category: 45(of 51)

Best time in the category: 1:57:52

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	23:46	7:12	48	8:32	299	10:44	3.30	23:46	7:12	20	3:37	278	10:43
Schlüsie	3.10	25:35	8:15	46	9:10	283	11:40	6.40	49:21	7:42	20	6:14	278	21:53
Hermannsklippe	2.60	22:24	8:36	43	8:48	274	10:42	9.00	1:11:45	7:58	20	8:43	278	32:13
Brocken	3.10	39:19	12:40	46	16:55	283	20:18	12.10	1:51:04	9:10	20	10:47	278	51:06
Eiserner Handwe	3.60	23:25	6:30	44	9:53	259	10:57	15.70	2:14:29	8:33	20	11:26	278	1:02:03
Schlüsie	4.00	23:15	5:48	43	10:26	276	12:02	19.70	2:37:44	8:00	22	19:05	278	1:14:05
Loddenke	3.20	20:06	6:16	42	8:46	252	9:42	22.90	2:57:50	7:45	21	11:02	273	1:23:47
Ilseburg/Markt	3.30	21:04	6:23	41	8:55	257	10:01	26.20	3:18:54	7:35	45	1:21:02	282	1:33:48