



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Fähsing, Ralf

Club: USC OvG Magdeburg
Number: 194

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 3:19:59

Speed: 7.80 km/h
Running performance: 7:38 min/km

Rank in course/Total: 327 (of 370)

Rank in course/Men: 284 (of 317)

Best time in course: 1:45:06

Rank in category: 26(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:47	6:36	22	6:46	264	8:45	3.30	21:47	6:36	5	0:50	280	8:44
Schlüsie	3.10	26:25	8:31	29	9:27	293	12:30	6.40	48:12	7:31	5	5:26	280	20:44
Hermannsklippe	2.60	24:17	9:20	29	9:27	297	12:35	9.00	1:12:29	8:03	5	12:00	280	32:57
Brocken	3.10	40:25	13:02	26	13:24	291	21:24	12.10	1:52:54	9:19	5	21:45	280	52:56
Eiserner Handwe	3.60	23:46	6:36	24	8:22	264	11:18	15.70	2:16:40	8:42	5	24:14	280	1:04:14
Schlüsie	4.00	22:24	5:35	27	8:09	266	11:11	19.70	2:39:04	8:04	3	25:55	280	1:15:25
Loddenke	3.20	19:15	6:00	24	6:13	236	8:51	22.90	2:58:19	7:47	5	28:41	280	1:24:16
Ilseburg/Markt	3.30	21:40	6:33	26	8:28	262	10:37	26.20	3:19:59	7:37	26	1:10:01	284	1:34:53