



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Wetzstein, Andreas

Club: Wildeshausen
Number: 319

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:28:11

Speed: 7.55 km/h
Running performance: 7:57 min/km

Rank in course/Total: 340 (of 370)

Rank in course/Men: 293 (of 317)

Best time in course: 1:45:06

Rank in category: 70(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 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	22:15	6:44	67	7:57	272	9:13	3.30	22:15	6:44	20	2:31	288	9:12
Schlüsie	3.10	25:05	8:05	66	8:36	274	11:10	6.40	47:20	7:23	24	6:13	288	19:52
Hermannsklippe	2.60	24:18	9:20	70	10:17	298	12:36	9.00	1:11:38	7:57	24	12:06	288	32:06
Brocken	3.10	41:59	13:32	71	20:50	299	22:58	12.10	1:53:37	9:23	24	23:01	288	53:39
Eiserner Handwe	3.60	27:48	7:43	68	13:18	294	15:20	15.70	2:21:25	9:00	24	30:59	288	1:08:59
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	43:25	13:34	69	31:31	290	33:01	22.90	3:04:50	8:04	24	37:27	288	1:30:47
Ilseburg/Markt	3.30	23:21	7:04	64	10:41	276	12:18	26.20	3:28:11	7:56	70	1:26:50	293	1:43:05