



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Pollmann, Josef

Club: LAC Hochsauerland
Number: 109

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 3:39:40

Speed: 7.16 km/h
Running performance: 8:23 min/km

Rank in course/Total: 349 (of 370)

Rank in course/Men: 301 (of 317)

Best time in course: 1:45:06

Rank in category: 48(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.	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	25:49	7:49	50	10:35	309	12:47	3.30	25:49	7:49	22	5:40	296	12:46
Schlüsie	3.10	28:23	9:09	50	11:58	307	14:28	6.40	54:12	8:28	22	11:05	296	26:44
Hermannsklippe	2.60	24:02	9:14	47	10:26	292	12:20	9.00	1:18:14	8:41	22	15:12	296	38:42
Brocken	3.10	36:40	11:49	39	14:16	249	17:39	12.10	1:54:54	9:29	22	14:37	296	54:56
Eiserner Handwe	3.60	27:16	7:34	46	13:44	292	14:48	15.70	2:22:10	9:03	22	19:07	296	1:09:44
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	50:48	15:52	47	39:28	297	40:24	22.90	3:12:58	8:25	23	26:10	296	1:38:55
Ilseburg/Markt	3.30	26:42	8:05	49	14:33	298	15:39	26.20	3:39:40	8:23	48	1:41:48	301	1:54:34