



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Sandter, Wolfgang

Club: Aschersleben
Number: 379

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:41:03

Speed: 7.06 km/h
Running performance: 8:26 min/km

Rank in course/Total: 352 (of 370)

Rank in course/Men: 303 (of 317)

Best time in course: 1:45:06

Rank in category: 72(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	19:53	6:01	50	5:35	194	6:51	3.30	19:53	6:01	22	0:09	183	6:50
Schlüsie	3.10	25:44	8:18	69	9:15	287	11:49	6.40	45:37	7:07	22	4:30	298	18:09
Hermannsklippe	2.60	23:42	9:06	67	9:41	284	12:00	9.00	1:09:19	7:42	22	9:47	298	29:47
Brocken	3.10	40:52	13:10	69	19:43	293	21:51	12.10	1:50:11	9:06	22	19:35	273	50:13
Eiserner Handwe	3.60	29:08	8:05	72	14:38	301	16:40	15.70	2:19:19	8:52	22	28:53	298	1:06:53
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	56:27	17:38	71	44:33	304	46:03	22.90	3:15:46	8:32	22	48:23	298	1:41:43
Ilseburg/Markt	3.30	25:17	7:39	69	12:37	292	14:14	26.20	3:41:03	8:26	72	1:39:42	303	1:55:57