



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

De Zutter, Bastien

Club: CEPAL  
Number: 172

Course: 26.20 km  
Brockenlauf

Category:  
Männer M30

Total time: 2:03:47

Speed: 12.70 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 16 (of 370)

Rank in course/Men: 15 (of 317)

Best time in course: 1:45:06

Rank in category: 2(of 23)

Best time in the category: 2:00:20

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	16:40	5:03	6	2:53	50	3:38	3.30	16:40	5:03	23		16	3:37
Schlüsie	3.10	17:22	5:36	3	1:37	25	3:27	6.40	34:02	5:19	23		16	6:34
Hermannsklippe	2.60	14:11	5:27	2	0:59	18	2:29	9.00	48:13	5:21	23		16	8:41
Brocken	3.10	22:19	7:11	2	0:09	10	3:18	12.10	1:10:32	5:49	23		16	10:34
Eiserner Handwe	3.60	14:38	4:03	1	-	13	2:10	15.70	1:25:10	5:25	23		16	12:44
Schlüsie	4.00	12:41	3:10	1	-	5	1:28	19.70	1:37:51	4:58	23		16	14:12
Loddenke	3.20	12:36	3:56	1	-	21	2:12	22.90	1:50:27	4:49	23		16	16:24
Ilseburg/Markt	3.30	13:20	4:02	2	0:02	23	2:17	26.20	2:03:47	4:43	2	3:27	15	18:41