



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein  
Number: 373

Course: 26.20 km  
Brockenlauf

Category:  
Männer M30

Total time: 2:09:40

Speed: 12.12 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 26 (of 370)

Rank in course/Men: 25 (of 317)

Best time in course: 1:45:06

Rank in category: 3(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	14:30	4:23	2	0:43	11	1:28	3.30	14:30	4:23	22		25	1:27
Schlüsie	3.10	16:54	5:27	2	1:09	19	2:59	6.40	31:24	4:54	22		25	3:56
Hermannsklippe	2.60	14:28	5:33	3	1:16	22	2:46	9.00	45:52	5:05	22		13	6:20
Brocken	3.10	24:30	7:54	3	2:20	21	5:29	12.10	1:10:22	5:48	22		25	10:24
Eiserner Handwe	3.60	14:53	4:08	2	0:15	16	2:25	15.70	1:25:15	5:25	22		25	12:49
Schlüsie	4.00	14:07	3:31	2	1:26	21	2:54	19.70	1:39:22	5:02	22		25	15:43
Loddenke	3.20	13:55	4:20	6	1:19	65	3:31	22.90	1:53:17	4:56	22		25	19:14
Ilseburg/Markt	3.30	16:23	4:57	9	3:05	119	5:20	26.20	2:09:40	4:56	3	9:20	25	24:34