



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Braune, Mario

Club: VLG 1991 Magdeburg

Number: 122

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:10:16

Speed: 11.98 km/h

Running performance: 4:58 min/km

Rank in course/Total: 29 (of 370)

Rank in course/Men: 28 (of 317)

Best time in course: 1:45:06

Rank in category: 6(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	15:59	4:50	5	1:41	31	2:57	3.30	15:59	4:50	50		20	2:56
Schlüsie	3.10	17:48	5:44	9	1:19	37	3:53	6.40	33:47	5:16	50		28	6:19
Hermannsklippe	2.60	14:36	5:36	5	0:35	25	2:54	9.00	48:23	5:22	50		28	8:51
Brocken	3.10	24:30	7:54	4	3:21	21	5:29	12.10	1:12:53	6:01	50		28	12:55
Eiserner Handwe	3.60	15:30	4:18	6	1:00	30	3:02	15.70	1:28:23	5:37	50		28	15:57
Schlüsie	4.00	14:13	3:33	4	0:44	24	3:00	19.70	1:42:36	5:12	47		28	18:57
Loddenke	3.20	13:25	4:11	11	1:31	48	3:01	22.90	1:56:01	5:03	50		28	21:58
Ilseburg/Markt	3.30	14:15	4:19	8	1:35	44	3:12	26.20	2:10:16	4:58	6	8:55	28	25:10