



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Holze, Christian

Club: Pulvis Fitness Studio Harsum
Number: 12

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 2:13:48

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 39 (of 370)

Rank in course/Men: 38 (of 317)

Best time in course: 1:45:06

Rank in category: 5(of 30)

Best time in the category: 1:51:25

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	18:32	5:36	18	4:46	128	5:30	3.30	18:32	5:36	27	1:20	37	5:29
Schlüsie	3.10	17:48	5:44	6	2:26	37	3:53	6.40	36:20	5:40	27		37	8:52
Hermannsklippe	2.60	15:35	5:59	7	2:55	50	3:53	9.00	51:55	5:46	27		37	12:23
Brocken	3.10	24:03	7:45	2	3:18	19	5:02	12.10	1:15:58	6:16	27		37	16:00
Eiserner Handwe	3.60	15:45	4:22	5	2:31	36	3:17	15.70	1:31:43	5:50	26		37	19:17
Schlüsie	4.00	15:13	3:48	7	2:55	50	4:00	19.70	1:46:56	5:25	25		37	23:17
Loddenke	3.20	13:07	4:05	5	2:01	38	2:43	22.90	2:00:03	5:14	26		37	26:00
Ilseburg/Markt	3.30	13:45	4:10	5	1:31	31	2:42	26.20	2:13:48	5:06	5	22:23	38	28:42