



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Sachau, Kolja

Club: Bremen
Number: 49

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 2:15:12

Speed: 11.54 km/h
Running performance: 5:10 min/km

Rank in course/Total: 48 (of 370)

Rank in course/Men: 46 (of 317)

Best time in course: 1:45:06

Rank in category: 7(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.	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	16:22	4:57	5	2:36	43	3:20	3.30	16:22	4:57	25		33	3:19
Schlüsie	3.10	17:27	5:37	3	2:05	26	3:32	6.40	33:49	5:17	25		45	6:21
Hermannsklippe	2.60	15:23	5:54	6	2:43	44	3:41	9.00	49:12	5:28	25		45	9:40
Brocken	3.10	27:17	8:48	8	6:32	61	8:16	12.10	1:16:29	6:19	25		45	16:31
Eiserner Handwe	3.60	16:54	4:41	8	3:40	60	4:26	15.70	1:33:23	5:56	24		45	20:57
Schlüsie	4.00	15:23	3:50	8	3:05	57	4:10	19.70	1:48:46	5:31	23		45	25:07
Loddenke	3.20	12:37	3:56	3	1:31	22	2:13	22.90	2:01:23	5:18	24		45	27:20
Ilseburg/Markt	3.30	13:49	4:11	6	1:35	34	2:46	26.20	2:15:12	5:09	7	23:47	46	30:06