



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

McDonald, Christian

Club: Braunschweig
Number: 236

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:21:18

Speed: 11.04 km/h
Running performance: 5:23 min/km

Rank in course/Total: 69 (of 370)

Rank in course/Men: 65 (of 317)

Best time in course: 1:45:06

Rank in category: 15(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	3.30	17:56	5:26	25	3:38	101	4:54	3.30	17:56	5:26	41		63	4:53
Schlüsie	3.10	18:49	6:04	15	2:20	69	4:54	6.40	36:45	5:44	41		63	9:17
Hermannsklippe	2.60	15:41	6:01	12	1:40	53	3:59	9.00	52:26	5:49	41		63	12:54
Brocken	3.10	26:12	8:27	10	5:03	44	7:11	12.10	1:18:38	6:29	41		63	18:40
Eiserner Handwe	3.60	17:16	4:47	17	2:46	73	4:48	15.70	1:35:54	6:06	41		63	23:28
Schlüsie	4.00	15:43	3:55	16	2:14	66	4:30	19.70	1:51:37	5:39	38		63	27:58
Loddenke	3.20	14:16	4:27	22	2:22	82	3:52	22.90	2:05:53	5:29	41		63	31:50
Ilseburg/Markt	3.30	15:25	4:40	20	2:45	79	4:22	26.20	2:21:18	5:23	15	19:57	65	36:12