



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

## Detailed evaluation

**Pulvermüller, Christian**

Club: Pulvis Fitness Studio Harsum

Number: 280

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:27:09

Speed: 10.60 km/h

Running performance: 5:37 min/km

Rank in course/Total: 93 (of 370)

Rank in course/Men: 85 (of 317)

Best time in course: 1:45:06

Rank in category: 20(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	18:45	5:40	32	4:27	139	5:43	3.30	18:45	5:40	72		83	5:42
Schlüsie	3.10	20:26	6:35	30	3:57	132	6:31	6.40	39:11	6:07	72		83	11:43
Hermannsklippe	2.60	17:17	6:38	24	3:16	111	5:35	9.00	56:28	6:16	72		83	16:56
Brocken	3.10	28:03	9:02	18	6:54	76	9:02	12.10	1:24:31	6:59	72		83	24:33
Eiserner Handwe	3.60	17:30	4:51	21	3:00	79	5:02	15.70	1:42:01	6:29	72		83	29:35
Schlüsie	4.00	15:57	3:59	18	2:28	74	4:44	19.70	1:57:58	5:59	67		83	34:19
Loddenke	3.20	14:09	4:25	18	2:15	75	3:45	22.90	2:12:07	5:46	72		83	38:04
Ilseburg/Markt	3.30	15:02	4:33	17	2:22	68	3:59	26.20	2:27:09	5:36	20	25:48	85	42:03