



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Holub, Ulrich

Club: SV Kyffhäuser

Number: 145

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:31:12

Speed: 10.32 km/h

Running performance: 5:46 min/km

Rank in course/Total: 117 (of 370)

Rank in course/Men: 105 (of 317)

Best time in course: 1:45:06

Rank in category: 26(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			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:55	5:07	16	2:37	62	3:53	3.30	16:55	5:07	67		102	3:52
Schlüsie	3.10	20:10	6:30	28	3:41	123	6:15	6.40	37:05	5:47	67		102	9:37
Hermannsklippe	2.60	17:49	6:51	32	3:48	137	6:07	9.00	54:54	6:05	67		102	15:22
Brocken	3.10	29:51	9:37	30	8:42	117	10:50	12.10	1:24:45	7:00	67		102	24:47
Eiserner Handwe	3.60	17:25	4:50	19	2:55	77	4:57	15.70	1:42:10	6:30	67		102	29:44
Schlüsie	4.00	16:09	4:02	20	2:40	79	4:56	19.70	1:58:19	6:00	62		102	34:40
Loddenke	3.20	16:05	5:01	36	4:11	144	5:41	22.90	2:14:24	5:52	67		102	40:21
Ilseburg/Markt	3.30	16:48	5:05	37	4:08	135	5:45	26.20	2:31:12	5:46	26	29:51	105	46:06