



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kuhnke, Lothar

Club: Tusem Essen
Number: 17

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:31:43

Speed: 10.36 km/h
Running performance: 5:47 min/km

Rank in course/Total: 119 (of 370)

Rank in course/Men: 107 (of 317)

Best time in course: 1:45:06

Rank in category: 9(of 30)

Best time in the category: 2:09:58

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	15:06	4:34	2	0:05	21	2:04	3.30	15:06	4:34	23		104	2:03
Schlüsie	3.10	16:58	5:28	1	-	20	3:03	6.40	32:04	5:00	23		104	4:36
Hermannsklippe	2.60	15:21	5:54	2	0:31	42	3:39	9.00	47:25	5:16	23		104	7:53
Brocken	3.10	28:11	9:05	5	1:10	80	9:10	12.10	1:15:36	6:14	23		104	15:38
Eiserner Handwe	3.60	20:28	5:41	15	5:04	182	8:00	15.70	1:36:04	6:07	23		104	23:38
Schlüsie	4.00	20:46	5:11	23	6:31	232	9:33	19.70	1:56:50	5:55	21		104	33:11
Loddenke	3.20	17:34	5:29	21	4:32	196	7:10	22.90	2:14:24	5:52	23		102	40:21
Ilseburg/Markt	3.30	17:19	5:14	12	4:07	155	6:16	26.20	2:31:43	5:47	9	21:45	107	46:37