



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Kos, Michael

Club: MTV Altendorf  
Number: 114

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 2:33:51

Speed: 10.14 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 124 (of 370)

Rank in course/Men: 112 (of 317)

Best time in course: 1:45:06

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:19	5:51	41	5:01	173	6:17	3.30	19:19	5:51	55		108	6:16
Schlüsie	3.10	20:37	6:39	31	4:08	135	6:42	6.40	39:56	6:14	55		108	12:28
Hermannsklippe	2.60	17:55	6:53	33	3:54	141	6:13	9.00	57:51	6:25	55		108	18:19
Brocken	3.10	30:55	9:58	36	9:46	146	11:54	12.10	1:28:46	7:20	55		108	28:48
Eiserner Handwe	3.60	18:42	5:11	30	4:12	112	6:14	15.70	1:47:28	6:50	55		108	35:02
Schlüsie	4.00	16:16	4:03	23	2:47	85	5:03	19.70	2:03:44	6:16	59		108	40:05
Loddenke	3.20	14:32	4:32	25	2:38	91	4:08	22.90	2:18:16	6:02	55		108	44:13
Ilseburg/Markt	3.30	15:35	4:43	24	2:55	90	4:32	26.20	2:33:51	5:52	29	32:30	112	48:45