



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

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Club: Tigerrunner-Gehlenbeck
Number: 391

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 2:34:20

Speed: 10.19 km/h
Running performance: 5:53 min/km

Rank in course/Total: 127 (of 370)

Rank in course/Men: 114 (of 317)

Best time in course: 1:45:06

Rank in category: 14(of 30)

Best time in the category: 1:51:25

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	17:02	5:09	8	3:16	68	4:00	3.30	17:02	5:09	18		110	3:59
Schlüsie	3.10	18:48	6:03	11	3:26	68	4:53	6.40	35:50	5:35	18		60	8:22
Hermannsklippe	2.60	18:18	7:02	22	5:38	156	6:36	9.00	54:08	6:00	18		110	14:36
Brocken	3.10	32:01	10:19	20	11:16	166	13:00	12.10	1:26:09	7:07	18	1:23	110	26:11
Eiserner Handwe	3.60	17:39	4:54	11	4:25	84	5:11	15.70	1:43:48	6:36	17		110	31:22
Schlüsie	4.00	16:16	4:03	12	3:58	85	5:03	19.70	2:00:04	6:05	16		110	36:25
Loddenke	3.20	15:31	4:50	16	4:25	120	5:07	22.90	2:15:35	5:55	17		110	41:32
Ilseburg/Markt	3.30	18:45	5:40	20	6:31	210	7:42	26.20	2:34:20	5:53	14	42:55	114	49:14