



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Focke, Kai

Club: Pulvis Fitness Studio Harsum
Number: 13

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:36:54

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 137 (of 370)

Rank in course/Men: 124 (of 317)

Best time in course: 1:45:06

Rank in category: 11(of 23)

Best time in the category: 2:00:20

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	18:32	5:36	12	4:45	128	5:30	3.30	18:32	5:36	14		37	5:29
Schlüsie	3.10	19:58	6:26	13	4:13	110	6:03	6.40	38:30	6:00	14		120	11:02
Hermannsklippe	2.60	17:11	6:36	12	3:59	108	5:29	9.00	55:41	6:11	14		120	16:09
Brocken	3.10	29:06	9:23	11	6:56	100	10:05	12.10	1:24:47	7:00	14		120	24:49
Eiserner Handwe	3.60	19:25	5:23	14	4:47	149	6:57	15.70	1:44:12	6:38	14		120	31:46
Schlüsie	4.00	18:50	4:42	16	6:09	184	7:37	19.70	2:03:02	6:14	14		120	39:23
Loddenke	3.20	16:44	5:13	15	4:08	172	6:20	22.90	2:19:46	6:06	14		120	45:43
Ilseburg/Markt	3.30	17:08	5:11	13	3:50	146	6:05	26.20	2:36:54	5:59	11	36:34	124	51:48