



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: 9.94 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 |