



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Jost, Steffen

Club: Shawty turns tu Jesus e.V.
Number: 141

Course: 26.20 km
Brockenlauf

Category:
Männer M35

Total time: 2:37:10

Speed: 9.93 km/h
Running performance: 6:00 min/km

Rank in course/Total: 142 (of 370)

Rank in course/Men: 129 (of 317)

Best time in course: 1:45:06

Rank in category: 16(of 30)

Best time in the category: 1:51:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:12	5:12	9	3:26	70	4:10	3.30	17:12	5:12	1	-	125	4:09
Schlüsie	3.10	19:45	6:22	16	4:23	104	5:50	6.40	36:57	5:46	1	-	125	9:29
Hermannsklippe	2.60	17:21	6:40	16	4:41	113	5:39	9.00	54:18	6:01	1	-	125	14:46
Brocken	3.10	30:28	9:49	17	9:43	129	11:27	12.10	1:24:46	7:00	1	-	125	24:48
Eiserner Handwe	3.60	19:50	5:30	19	6:36	159	7:22	15.70	1:44:36	6:39	15		125	32:10
Schlüsie	4.00	18:45	4:41	20	6:27	179	7:32	19.70	2:03:21	6:15	14		125	39:42
Loddenke	3.20	16:15	5:04	20	5:09	154	5:51	22.90	2:19:36	6:05	15	0:13	125	45:33
Ilseburg/Markt	3.30	17:34	5:19	19	5:20	164	6:31	26.20	2:37:10	5:59	16	45:45	129	52:04