



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

Detailed evaluation

Kugenbuch, Ingo

Club: Brockenlaufverein
Number: 77

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:38:25

Speed: 9.85 km/h
Running performance: 6:03 min/km

Rank in course/Total: 151 (of 370)

Rank in course/Men: 136 (of 317)

Best time in course: 1:45:06

Rank in category: 26(of 47)

Best time in the category: 1:45:43

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	17:33	5:19	17	4:31	86	4:31	3.30	17:33	5:19	2		71	4:30
Schlüsie	3.10	20:17	6:32	21	6:08	126	6:22	6.40	37:50	5:54	2		132	10:22
Hermannsklippe	2.60	17:47	6:50	24	5:50	134	6:05	9.00	55:37	6:10	2		132	16:05
Brocken	3.10	30:40	9:53	24	10:35	137	11:39	12.10	1:26:17	7:07	2		132	26:19
Eiserner Handwe	3.60	20:52	5:47	32	8:20	197	8:24	15.70	1:47:09	6:49	2		124	34:43
Schlüsie	4.00	17:37	4:24	24	6:09	133	6:24	19.70	2:04:46	6:20	3		132	41:07
Loddenke	3.20	15:47	4:55	25	5:16	132	5:23	22.90	2:20:33	6:08	2		132	46:30
Ilsenburg/Markt	3.30	17:52	5:24	29	6:29	177	6:49	26.20	2:38:25	6:02	26	52:42	136	53:19