



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Genrich, Dr. Florian

Club: Post SV Holzminden
Number: 36

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:38:46

Speed: 9.90 km/h
Running performance: 6:04 min/km

Rank in course/Total: 156 (of 370)

Rank in course/Men: 140 (of 317)

Best time in course: 1:45:06

Rank in category: 12(of 23)

Best time in the category: 2:00:20

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	19:45	5:59	16	5:58	186	6:43	3.30	19:45	5:59	1	-	136	6:42
Schlüsie	3.10	21:28	6:55	16	5:43	175	7:33	6.40	41:13	6:26	1	-	136	13:45
Hermannsklippe	2.60	19:00	7:18	18	5:48	184	7:18	9.00	1:00:13	6:41	1	-	136	20:41
Brocken	3.10	30:51	9:57	16	8:41	140	11:50	12.10	1:31:04	7:31	1	-	136	31:06
Eiserner Handwe	3.60	18:42	5:11	10	4:04	112	6:14	15.70	1:49:46	6:59	1	-	136	37:20
Schlüsie	4.00	17:42	4:25	12	5:01	140	6:29	19.70	2:07:28	6:28	1	-	136	43:49
Loddenke	3.20	15:22	4:48	9	2:46	114	4:58	22.90	2:22:50	6:14	1	-	136	48:47
Ilseburg/Markt	3.30	15:56	4:49	7	2:38	101	4:53	26.20	2:38:46	6:03	12	38:26	140	53:40