



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Einecke, Johannes

Club: LSG Ascania Aschersleben

Number: 397

Course: 26.20 km

Brockenlauf

Category:

Männer M60

Total time: 2:39:20

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 160 (of 370)

Rank in course/Men: 144 (of 317)

Best time in course: 1:45:06

Rank in category: 6(of 21)

Best time in the category: 2:18:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:18	5:32	5	1:40	114	5:16	3.30	18:18	5:32	17		140	5:15
Schlüsie	3.10	20:06	6:29	5	1:31	117	6:11	6.40	38:24	5:59	17		140	10:56
Hermannsklippe	2.60	17:25	6:41	5	1:31	118	5:43	9.00	55:49	6:12	17		140	16:17
Brocken	3.10	28:54	9:19	4	2:20	97	9:53	12.10	1:24:43	7:00	17		140	24:45
Eiserner Handwe	3.60	20:29	5:41	9	4:21	183	8:01	15.70	1:45:12	6:42	17		140	32:46
Schlüsie	4.00	19:21	4:50	13	4:18	200	8:08	19.70	2:04:33	6:19	13		140	40:54
Loddenke	3.20	16:38	5:11	7	2:57	170	6:14	22.90	2:21:11	6:09	17		140	47:08
Ilseburg/Markt	3.30	18:09	5:30	7	3:16	188	7:06	26.20	2:39:20	6:04	6	21:04	144	54:14