



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Gastmann, Andreas

Club: TuS Bothfeld
Number: 147

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:39:57

Speed: 9.75 km/h
Running performance: 6:06 min/km

Rank in course/Total: 164 (of 370)

Rank in course/Men: 147 (of 317)

Best time in course: 1:45:06

Rank in category: 29(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	18:18	5:32	20	5:16	114	5:16	3.30	18:18	5:32	5		140	5:15
Schlüsie	3.10	21:08	6:49	30	6:59	162	7:13	6.40	39:26	6:09	5		142	11:58
Hermannsklippe	2.60	18:02	6:56	26	6:05	146	6:20	9.00	57:28	6:23	5		142	17:56
Brocken	3.10	29:56	9:39	20	9:51	119	10:55	12.10	1:27:24	7:13	5		142	27:26
Eiserner Handwe	3.60	19:28	5:24	27	6:56	152	7:00	15.70	1:46:52	6:48	5		142	34:26
Schlüsie	4.00	18:57	4:44	30	7:29	189	7:44	19.70	2:05:49	6:23	6		142	42:10
Loddenke	3.20	16:51	5:15	29	6:20	176	6:27	22.90	2:22:40	6:13	5		142	48:37
Ilseburg/Markt	3.30	17:17	5:14	28	5:54	151	6:14	26.20	2:39:57	6:06	29	54:14	147	54:51