



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Jensen, Ib

Club: Kolding Motion
Number: 20

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:42:24

Speed: 9.61 km/h
Running performance: 6:12 min/km

Rank in course/Total: 174 (of 370)

Rank in course/Men: 154 (of 317)

Best time in course: 1:45:06

Rank in category: 25(of 51)

Best time in the category: 1:57:52

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	20:42	6:16	33	5:28	227	7:40	3.30	20:42	6:16	50	0:33	149	7:39
Schlüsie	3.10	22:17	7:11	29	5:52	208	8:22	6.40	42:59	6:42	50		149	15:31
Hermannsklippe	2.60	19:44	7:35	31	6:08	210	8:02	9.00	1:02:43	6:58	50		149	23:11
Brocken	3.10	31:34	10:10	21	9:10	158	12:33	12.10	1:34:17	7:47	50		149	34:19
Eiserner Handwe	3.60	19:09	5:19	21	5:37	135	6:41	15.70	1:53:26	7:13	50		149	41:00
Schlüsie	4.00	17:42	4:25	25	4:53	140	6:29	19.70	2:11:08	6:39	2		149	47:29
Loddenke	3.20	15:45	4:55	22	4:25	130	5:21	22.90	2:26:53	6:24	14		149	52:50
Ilseburg/Markt	3.30	15:31	4:42	12	3:22	86	4:28	26.20	2:42:24	6:11	25	44:32	154	57:18