



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Gille, Wiegbert

Club: VfL Hüpstedt

Number: 387

Course: 26.20 km

Brockenlauf

Category:

Männer M55

Total time: 2:42:38

Speed: 9.59 km/h

Running performance: 6:13 min/km

Rank in course/Total: 176 (of 370)

Rank in course/Men: 156 (of 317)

Best time in course: 1:45:06

Rank in category: 12(of 30)

Best time in the category: 2:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:26	5:53	15	4:25	177	6:24	3.30	19:26	5:53	20		151	6:23
Schlüsie	3.10	20:44	6:41	11	3:46	141	6:49	6.40	40:10	6:16	20		151	12:42
Hermannsklippe	2.60	17:59	6:55	13	3:09	143	6:17	9.00	58:09	6:27	20		134	18:37
Brocken	3.10	30:52	9:57	12	3:51	143	11:51	12.10	1:29:01	7:21	20		151	29:03
Eiserner Handwe	3.60	20:55	5:48	17	5:31	198	8:27	15.70	1:49:56	7:00	20		151	37:30
Schlüsie	4.00	18:26	4:36	14	4:11	167	7:13	19.70	2:08:22	6:30	18		151	44:43
Loddenke	3.20	16:11	5:03	11	3:09	153	5:47	22.90	2:24:33	6:18	20		151	50:30
Ilseburg/Markt	3.30	18:05	5:28	20	4:53	186	7:02	26.20	2:42:38	6:12	12	32:40	156	57:32