



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Jahn, Roland

Club: NIX tun kann JEDER
Number: 294

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:42:45

Speed: 9.66 km/h
Running performance: 6:13 min/km

Rank in course/Total: 177 (of 370)

Rank in course/Men: 157 (of 317)

Best time in course: 1:45:06

Rank in category: 26(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. | 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 | 18:24 | 5:34 | 17 | 3:10 | 122 | 5:22 | 3.30 | 18:24 | 5:34 | 14 | | 152 | 5:21 |
| Schlüsie | 3.10 | 20:31 | 6:37 | 19 | 4:06 | 134 | 6:36 | 6.40 | 38:55 | 6:04 | 14 | | 152 | 11:27 |
| Hermannsklippe | 2.60 | 18:04 | 6:56 | 19 | 4:28 | 148 | 6:22 | 9.00 | 56:59 | 6:19 | 14 | | 152 | 17:27 |
| Brocken | 3.10 | 32:30 | 10:29 | 25 | 10:06 | 179 | 13:29 | 12.10 | 1:29:29 | 7:23 | 14 | | 152 | 29:31 |
| Eiserner Handwe | 3.60 | 19:39 | 5:27 | 27 | 6:07 | 155 | 7:11 | 15.70 | 1:49:08 | 6:57 | 14 | | 152 | 36:42 |
| Schlüsie | 4.00 | 18:25 | 4:36 | 28 | 5:36 | 162 | 7:12 | 19.70 | 2:07:33 | 6:28 | 3 | | 152 | 43:54 |
| Loddenke | 3.20 | 16:52 | 5:16 | 32 | 5:32 | 177 | 6:28 | 22.90 | 2:24:25 | 6:18 | 2 | | 152 | 50:22 |
| Ilseburg/Markt | 3.30 | 18:20 | 5:33 | 33 | 6:11 | 196 | 7:17 | 26.20 | 2:42:45 | 6:12 | 26 | 44:53 | 157 | 57:39 |