



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Wiegelmann, Jens

Club: Brockenlaufverein
Number: 85

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:42:46

Speed: 9.58 km/h
Running performance: 6:13 min/km

Rank in course/Total: 178 (of 370)

Rank in course/Men: 158 (of 317)

Best time in course: 1:45:06

Rank in category: 38(of 74)

Best time in the category: 2:01:21

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	20:10	6:06	54	5:52	209	7:08	3.30	20:10	6:06	56	0:26	153	7:07
Schlüsie	3.10	21:39	6:59	46	5:10	182	7:44	6.40	41:49	6:32	56	0:42	153	14:21
Hermannsklippe	2.60	18:22	7:03	36	4:21	161	6:40	9.00	1:00:11	6:41	56	0:39	153	20:39
Brocken	3.10	32:20	10:25	41	11:11	172	13:19	12.10	1:32:31	7:38	56	1:55	153	32:33
Eiserner Handwe	3.60	19:11	5:19	35	4:41	137	6:43	15.70	1:51:42	7:06	56	1:16	153	39:16
Schlüsie	4.00	18:25	4:36	42	4:56	162	7:12	19.70	2:10:07	6:36	17		153	46:28
Loddenke	3.20	15:56	4:58	34	4:02	135	5:32	22.90	2:26:03	6:22	56		153	52:00
Ilseburg/Markt	3.30	16:43	5:03	36	4:03	131	5:40	26.20	2:42:46	6:12	38	41:25	158	57:40