



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Kärger, Uli

Club: Asphaltfräsen

Number: 106

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 2:42:48

Speed: 9.58 km/h

Running performance: 6:13 min/km

Rank in course/Total: 179 (of 370)

Rank in course/Men: 159 (of 317)

Best time in course: 1:45:06

Rank in category: 39(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	20:42	6:16	60	6:24	227	7:40	3.30	20:42	6:16	28	0:58	149	7:39
Schlüsie	3.10	21:16	6:51	41	4:47	167	7:21	6.40	41:58	6:33	28	0:51	154	14:30
Hermannsklippe	2.60	18:21	7:03	35	4:20	159	6:39	9.00	1:00:19	6:42	28	0:47	154	20:47
Brocken	3.10	33:20	10:45	48	12:11	206	14:19	12.10	1:33:39	7:44	28	3:03	154	33:41
Eiserner Handwe	3.60	19:22	5:22	37	4:52	146	6:54	15.70	1:53:01	7:11	28	2:35	154	40:35
Schlüsie	4.00	17:46	4:26	34	4:17	146	6:33	19.70	2:10:47	6:38	16		154	47:08
Loddenke	3.20	15:34	4:51	31	3:40	125	5:10	22.90	2:26:21	6:23	28		154	52:18
Ilseburg/Markt	3.30	16:27	4:59	32	3:47	122	5:24	26.20	2:42:48	6:12	39	41:27	159	57:42