



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kroll, Gunnar

Club: Neuruppin
Number: 321

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:43:13

Speed: 9.56 km/h
Running performance: 6:14 min/km

Rank in course/Total: 181 (of 370)

Rank in course/Men: 161 (of 317)

Best time in course: 1:45:06

Rank in category: 41(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 | 16:31 | 5:00 | 9 | 2:13 | 46 | 3:29 | 3.30 | 16:31 | 5:00 | 17 | | 156 | 3:28 |
| Schlüsie | 3.10 | 20:06 | 6:29 | 26 | 3:37 | 117 | 6:11 | 6.40 | 36:37 | 5:43 | 17 | | 156 | 9:09 |
| Hermannsklippe | 2.60 | 18:24 | 7:04 | 37 | 4:23 | 163 | 6:42 | 9.00 | 55:01 | 6:06 | 17 | | 156 | 15:29 |
| Brocken | 3.10 | 32:53 | 10:36 | 46 | 11:44 | 191 | 13:52 | 12.10 | 1:27:54 | 7:15 | 17 | | 156 | 27:56 |
| Eiserner Handwe | 3.60 | 22:37 | 6:16 | 56 | 8:07 | 238 | 10:09 | 15.70 | 1:50:31 | 7:02 | 17 | 0:05 | 156 | 38:05 |
| Schlüsie | 4.00 | 18:20 | 4:34 | 39 | 4:51 | 159 | 7:07 | 19.70 | 2:08:51 | 6:32 | 14 | | 156 | 45:12 |
| Loddenke | 3.20 | 16:42 | 5:13 | 42 | 4:48 | 171 | 6:18 | 22.90 | 2:25:33 | 6:21 | 17 | | 156 | 51:30 |
| Ilseburg/Markt | 3.30 | 17:40 | 5:21 | 45 | 5:00 | 168 | 6:37 | 26.20 | 2:43:13 | 6:13 | 41 | 41:52 | 161 | 58:07 |