



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: 9.63 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.	Stage score		Total ranking						
						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