



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Hentschel, Hans-Jürgen

Club: LG Osterwieck  
Number: 278

Course: 26.20 km  
Brockenlauf

Category:  
Männer M60

Total time: 2:43:50

Speed: 9.52 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 184 (of 370)

Rank in course/Men: 164 (of 317)

Best time in course: 1:45:06

Rank in category: 7(of 21)

Best time in the category: 2:18:16

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 18:35         | 5:37            | 6           | 1:57           | 132         | 5:33          | 3.30          | 18:35         | 5:37            | 16          |                | 159        | 5:32          |
| Schlüsie        | 3.10        | 20:13         | 6:31            | 6           | 1:38           | 124         | 6:18          | 6.40          | 38:48         | 6:03            | 16          |                | 159        | 11:20         |
| Hermannsklippe  | 2.60        | 17:39         | 6:47            | 7           | 1:45           | 125         | 5:57          | 9.00          | 56:27         | 6:16            | 16          |                | 103        | 16:55         |
| Brocken         | 3.10        | 31:02         | 10:00           | 8           | 4:28           | 149         | 12:01         | 12.10         | 1:27:29       | 7:13            | 16          |                | 159        | 27:31         |
| Eiserner Handwe | 3.60        | 21:09         | 5:52            | 13          | 5:01           | 205         | 8:41          | 15.70         | 1:48:38       | 6:55            | 16          |                | 159        | 36:12         |
| Schlüsie        | 4.00        | 17:38         | 4:24            | 6           | 2:35           | 135         | 6:25          | 19.70         | 2:06:16       | 6:24            | 12          |                | 159        | 42:37         |
| Loddenke        | 3.20        | 17:20         | 5:24            | 9           | 3:39           | 192         | 6:56          | 22.90         | 2:23:36       | 6:16            | 16          |                | 159        | 49:33         |
| Ilseburg/Markt  | 3.30        | 20:14         | 6:07            | 16          | 5:21           | 241         | 9:11          | 26.20         | 2:43:50       | 6:15            | 7           | 25:34          | 164        | 58:44         |