



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: 9.60 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 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	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