



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Przibylla, Kuno

Club: Pulvis Fitness Studio Harsum
Number: 282

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:45:35

Speed: 9.42 km/h
Running performance: 6:19 min/km

Rank in course/Total: 196 (of 370)

Rank in course/Men: 174 (of 317)

Best time in course: 1:45:06

Rank in category: 13(of 30)

Best time in the category: 2:09:58

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	18:45	5:40	11	3:44	139	5:43	3.30	18:45	5:40	19		83	5:42
Schlüsie	3.10	21:56	7:04	17	4:58	191	8:01	6.40	40:41	6:21	19		168	13:13
Hermannsklippe	2.60	19:28	7:29	19	4:38	201	7:46	9.00	1:00:09	6:41	19		168	20:37
Brocken	3.10	33:50	10:54	19	6:49	218	14:49	12.10	1:33:59	7:46	19	2:50	168	34:01
Eiserner Handwe	3.60	19:12	5:19	10	3:48	139	6:44	15.70	1:53:11	7:12	19	0:45	168	40:45
Schlüsie	4.00	18:09	4:32	12	3:54	153	6:56	19.70	2:11:20	6:40	17		168	47:41
Loddenke	3.20	16:20	5:06	13	3:18	158	5:56	22.90	2:27:40	6:26	19		168	53:37
Ilseburg/Markt	3.30	17:55	5:25	17	4:43	178	6:52	26.20	2:45:35	6:19	13	35:37	174	1:00:29