



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Birkholz, Marek

Club: Dallgow
Number: 43

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:46:10

Speed: 9.46 km/h
Running performance: 6:20 min/km

Rank in course/Total: 198 (of 370)

Rank in course/Men: 176 (of 317)

Best time in course: 1:45:06

Rank in category: 15(of 23)

Best time in the category: 2:00:20

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	21:08	6:24	21	7:21	244	8:06	3.30	21:08	6:24	10	1:23	171	8:05
Schlüsie	3.10	22:45	7:20	19	7:00	221	8:50	6.40	43:53	6:51	10	2:40	171	16:25
Hermannsklippe	2.60	18:45	7:12	17	5:33	177	7:03	9.00	1:02:38	6:57	10	2:25	171	23:06
Brocken	3.10	30:52	9:57	17	8:42	143	11:51	12.10	1:33:30	7:43	10	2:26	171	33:32
Eiserner Handwe	3.60	20:46	5:46	17	6:08	194	8:18	15.70	1:54:16	7:16	10	4:30	171	41:50
Schlüsie	4.00	17:59	4:29	13	5:18	150	6:46	19.70	2:12:15	6:42	10	4:47	171	48:36
Loddenke	3.20	16:32	5:10	13	3:56	164	6:08	22.90	2:28:47	6:29	10	5:57	171	54:44
Ilseburg/Markt	3.30	17:23	5:16	14	4:05	160	6:20	26.20	2:46:10	6:20	15	45:50	176	1:01:04