



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Pflugner, Hans-Jürgen

Club: Brockenlaufverein
Number: 34

Course: 26.20 km
Brockenlauf

Category:
Männer M55

Total time: 2:47:20

Speed: 9.39 km/h
Running performance: 6:23 min/km

Rank in course/Total: 208 (of 370)

Rank in course/Men: 185 (of 317)

Best time in course: 1:45:06

Rank in category: 15(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Loddenke	3.30	18:20	5:33	8	3:19	117	5:18	3.30	18:20	5:33	17		90	5:17			
Schlüsie	3.10	21:30	6:56	15	4:32	178	7:35	6.40	39:50	6:13	17		134	12:22			
Hermannsklippe	2.60	19:17	7:25	18	4:27	194	7:35	9.00	59:07	6:34	17		180	19:35			
Brocken	3.10	36:29	11:46	24	9:28	248	17:28	12.10	1:35:36	7:54	17	4:27	180	35:38			
Eiserner Handwe	3.60	19:42	5:28	11	4:18	156	7:14	15.70	1:55:18	7:20	17	2:52	180	42:52			
Schlüsie	4.00	17:51	4:27	11	3:36	149	6:38	19.70	2:13:09	6:45	1	-	180	49:30			
Loddenke	3.20	16:10	5:03	10	3:08	151	5:46	22.90	2:29:19	6:31	17		180	55:16			
Ilseburg/Markt	3.30	18:01	5:27	19	4:49	184	6:58	26.20	2:47:20	6:23	15	37:22	185	1:02:14			