



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

BAECKE, SEBASTIAN

Number: 326

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:48:23

Speed: 9.26 km/h
Running performance: 6:26 min/km

Rank in course/Total: 218 (of 370)

Rank in course/Men: 194 (of 317)

Best time in course: 1:45:06

Rank in category: 17(of 23)

Best time in the category: 2:00:20

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	20:38	6:15	18	6:51	223	7:36	3.30	20:38	6:15	8	0:53	189	7:35
Schlüsie	3.10	22:00	7:05	18	6:15	195	8:05	6.40	42:38	6:39	8	1:25	189	15:10
Hermannsklippe	2.60	18:44	7:12	16	5:32	175	7:02	9.00	1:01:22	6:49	8	1:09	189	21:50
Brocken	3.10	32:28	10:28	19	10:18	177	13:27	12.10	1:33:50	7:45	8	2:46	189	33:52
Eiserner Handwe	3.60	20:33	5:42	16	5:55	185	8:05	15.70	1:54:23	7:17	8	4:37	189	41:57
Schlüsie	4.00	18:36	4:39	14	5:55	173	7:23	19.70	2:12:59	6:45	8	5:31	189	49:20
Loddenke	3.20	16:47	5:14	16	4:11	174	6:23	22.90	2:29:46	6:32	8	6:56	189	55:43
Ilseburg/Markt	3.30	18:37	5:38	18	5:19	206	7:34	26.20	2:48:23	6:25	17	48:03	194	1:03:17