



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kroll, Ralf

Club: Neue Wege e. V.
Number: 322

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:49:40

Speed: 9.19 km/h
Running performance: 6:29 min/km

Rank in course/Total: 225 (of 370)

Rank in course/Men: 200 (of 317)

Best time in course: 1:45:06

Rank in category: 31(of 51)

Best time in the category: 1:57:52

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	18:04	5:28	15	2:50	105	5:02	3.30	18:04	5:28	6		84	5:01
Schlüsie	3.10	22:09	7:08	28	5:44	203	8:14	6.40	40:13	6:17	6		195	12:45
Hermannsklippe	2.60	19:38	7:33	30	6:02	206	7:56	9.00	59:51	6:39	6		182	20:19
Brocken	3.10	33:41	10:51	30	11:17	214	14:40	12.10	1:33:32	7:43	6		195	33:34
Eiserner Handwe	3.60	21:23	5:56	34	7:51	210	8:55	15.70	1:54:55	7:19	6		195	42:29
Schlüsie	4.00	19:00	4:45	31	6:11	193	7:47	19.70	2:13:55	6:47	8		195	50:16
Loddenke	3.20	17:08	5:21	34	5:48	186	6:44	22.90	2:31:03	6:35	7		195	57:00
Ilseburg/Markt	3.30	18:37	5:38	36	6:28	206	7:34	26.20	2:49:40	6:28	31	51:48	200	1:04:34