



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Cabak, Guido

Club: BadBikers Harzbikehaus
Number: 279

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 2:51:17

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 234 (of 370)

Rank in course/Men: 208 (of 317)

Best time in course: 1:45:06

Rank in category: 18(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	16:50	5:06	8	3:03	58	3:48	3.30	16:50	5:06	7		42	3:47
Schlüsie	3.10	19:08	6:10	8	3:23	84	5:13	6.40	35:58	5:37	7		203	8:30
Hermannsklippe	2.60	16:37	6:23	11	3:25	88	4:55	9.00	52:35	5:50	7		64	13:03
Brocken	3.10	28:30	9:11	9	6:20	88	9:29	12.10	1:21:05	6:42	7		203	21:07
Eiserner Handwe	3.60	20:19	5:38	15	5:41	177	7:51	15.70	1:41:24	6:27	7		203	28:58
Schlüsie	4.00	23:21	5:50	23	10:40	278	12:08	19.70	2:04:45	6:19	7		203	41:06
Loddenke	3.20	24:56	7:47	23	12:20	284	14:32	22.90	2:29:41	6:32	7	6:51	203	55:38
Ilseburg/Markt	3.30	21:36	6:32	21	8:18	261	10:33	26.20	2:51:17	6:32	18	50:57	208	1:06:11