



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Jost, Norbert

Club: VS Eichhorst
Number: 98

Course: 26.20 km
Brockenlauf

Category:
Männer M50

Total time: 2:53:24

Speed: 9.00 km/h
Running performance: 6:37 min/km

Rank in course/Total: 241 (of 370)

Rank in course/Men: 214 (of 317)

Best time in course: 1:45:06

Rank in category: 33(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:49	6:36	42	6:35	265	8:47	3.30	21:49	6:36	8	1:40	209	8:46
Schlüsie	3.10	25:12	8:07	45	8:47	276	11:17	6.40	47:01	7:20	8	3:54	209	19:33
Hermannsklippe	2.60	21:56	8:26	42	8:20	266	10:14	9.00	1:08:57	7:39	8	5:55	209	29:25
Brocken	3.10	36:59	11:55	42	14:35	259	17:58	12.10	1:45:56	8:45	8	5:39	209	45:58
Eiserner Handwe	3.60	20:51	5:47	31	7:19	196	8:23	15.70	2:06:47	8:04	8	3:44	209	54:21
Schlüsie	4.00	16:21	4:05	11	3:32	93	5:08	19.70	2:23:08	7:15	10	4:29	209	59:29
Loddenke	3.20	14:43	4:35	12	3:23	96	4:19	22.90	2:37:51	6:53	9		209	1:03:48
Ilseburg/Markt	3.30	15:33	4:42	13	3:24	88	4:30	26.20	2:53:24	6:37	33	55:32	214	1:08:18