



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Montowski, Martin

Club: Wernigerode
Number: 365

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:53:28

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 242 (of 370)

Rank in course/Men: 215 (of 317)

Best time in course: 1:45:06

Rank in category: 52(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total | | | Pos | | Behind | |
|-----------------|-------------|---------------|-----------------|------|-------|--------|-------|-------|---------|--------|------|-------|--------|---------|
| | | | | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Loddenke | 3.30 | 19:30 | 5:54 | 43 | 5:12 | 180 | 6:28 | 3.30 | 19:30 | 5:54 | 6 | | 210 | 6:27 |
| Schlüsie | 3.10 | 21:16 | 6:51 | 41 | 4:47 | 167 | 7:21 | 6.40 | 40:46 | 6:22 | 6 | | 128 | 13:18 |
| Hermannsklippe | 2.60 | 19:46 | 7:36 | 49 | 5:45 | 211 | 8:04 | 9.00 | 1:00:32 | 6:43 | 6 | 1:00 | 210 | 21:00 |
| Brocken | 3.10 | 34:29 | 11:07 | 52 | 13:20 | 230 | 15:28 | 12.10 | 1:35:01 | 7:51 | 6 | 4:25 | 210 | 35:03 |
| Eiserner Handwe | 3.60 | 20:22 | 5:39 | 44 | 5:52 | 180 | 7:54 | 15.70 | 1:55:23 | 7:20 | 6 | 4:57 | 210 | 42:57 |
| Schlüsie | 4.00 | 19:26 | 4:51 | 49 | 5:57 | 204 | 8:13 | 19.70 | 2:14:49 | 6:50 | 3 | 3:25 | 210 | 51:10 |
| Loddenke | 3.20 | 18:52 | 5:53 | 55 | 6:58 | 227 | 8:28 | 22.90 | 2:33:41 | 6:42 | 6 | 6:18 | 210 | 59:38 |
| Ilseburg/Markt | 3.30 | 19:47 | 5:59 | 57 | 7:07 | 230 | 8:44 | 26.20 | 2:53:28 | 6:37 | 52 | 52:07 | 215 | 1:08:22 |