



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: 8.99 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 Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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