



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Grubba, Thomas

Club: Salzgitter
Number: 192

Course: 26.20 km
Brockenlauf

Category:
Männer M40

Total time: 2:58:12

Speed: 8.82 km/h
Running performance: 6:48 min/km

Rank in course/Total: 263 (of 370)

Rank in course/Men: 230 (of 317)

Best time in course: 1:45:06

Rank in category: 39(of 47)

Best time in the category: 1:45:43

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	19:15	5:50	33	6:13	172	6:13	3.30	19:15	5:50	15		225	6:12
Schlüsie	3.10	22:30	7:15	38	8:21	214	8:35	6.40	41:45	6:31	15	0:51	225	14:17
Hermannsklippe	2.60	20:02	7:42	38	8:05	219	8:20	9.00	1:01:47	6:51	15	2:46	225	22:15
Brocken	3.10	35:25	11:25	38	15:20	240	16:24	12.10	1:37:12	8:01	15	6:41	225	37:14
Eiserner Handwe	3.60	21:39	6:00	36	9:07	217	9:11	15.70	1:58:51	7:34	15	7:21	225	46:25
Schlüsie	4.00	20:44	5:11	37	9:16	230	9:31	19.70	2:19:35	7:05	16	8:25	225	55:56
Loddenke	3.20	19:25	6:04	40	8:54	243	9:01	22.90	2:39:00	6:56	15	9:24	225	1:04:57
Ilseburg/Markt	3.30	19:12	5:49	33	7:49	215	8:09	26.20	2:58:12	6:48	39	1:12:29	230	1:13:06