



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: 8.75 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 |