



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Unger, Christian

Club: TSV Benstorf / Oldendorf

Number: 288

Course: 26.20 km

Brockenlauf

Category:

Männer M20

Total time: 3:01:05

Speed: 8.68 km/h

Running performance: 6:55 min/km

Rank in course/Total: 272 (of 370)

Rank in course/Men: 236 (of 317)

Best time in course: 1:45:06

Rank in category: 18(of 22)

Best time in the category: 1:45:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:31	5:36	14	5:29	127	5:29	3.30	18:31	5:36	6		233	5:28
Schlüsie	3.10	21:11	6:49	16	7:16	164	7:16	6.40	39:42	6:12	6	1:32	233	12:14
Hermannsklippe	2.60	19:16	7:24	17	7:34	193	7:34	9.00	58:58	6:33	6	4:45	161	19:26
Brocken	3.10	35:13	11:21	18	16:12	239	16:12	12.10	1:34:11	7:47	6	13:28	233	34:13
Eiserner Handwe	3.60	24:11	6:43	19	11:43	272	11:43	15.70	1:58:22	7:32	6	17:01	217	45:56
Schlüsie	4.00	23:17	5:49	21	12:04	277	12:04	19.70	2:21:39	7:11	5	23:32	233	58:00
Loddenke	3.20	19:35	6:07	17	9:11	246	9:11	22.90	2:41:14	7:02	6	21:21	233	1:07:11
Ilseburg/Markt	3.30	19:51	6:00	17	8:48	235	8:48	26.20	3:01:05	6:54	18	1:15:59	236	1:15:59