



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Post, Michael

Club: Rodenberg  
Number: 197

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 3:01:36

Speed: 8.59 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 275 (of 370)

Rank in course/Men: 239 (of 317)

Best time in course: 1:45:06

Rank in category: 58(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	20:57	6:20	62	6:39	238	7:55	3.30	20:57	6:20	36	1:13	181	7:54
Schlüsie	3.10	23:17	7:30	57	6:48	237	9:22	6.40	44:14	6:54	36	3:07	236	16:46
Hermannsklippe	2.60	20:54	8:02	58	6:53	239	9:12	9.00	1:05:08	7:14	36	5:36	236	25:36
Brocken	3.10	37:11	11:59	59	16:02	261	18:10	12.10	1:42:19	8:27	36	11:43	236	42:21
Eiserner Handwe	3.60	23:09	6:25	59	8:39	248	10:41	15.70	2:05:28	7:59	36	15:02	236	53:02
Schlüsie	4.00	20:45	5:11	57	7:16	231	9:32	19.70	2:26:13	7:25	31	14:49	236	1:02:34
Loddenke	3.20	17:48	5:33	45	5:54	197	7:24	22.90	2:44:01	7:09	36	16:38	236	1:09:58
Ilseburg/Markt	3.30	17:35	5:19	44	4:55	165	6:32	26.20	3:01:36	6:55	58	1:00:15	239	1:16:30