



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

Detailed evaluation

Buchholz, Stefan

Club: Pulvis Fitness Studio Harsum

Number: 283

Course: 26.20 km

Brockenlauf

Category:

Männer M30

Total time: 3:04:35

Speed: 8.45 km/h

Running performance: 7:03 min/km

Rank in course/Total: 285 (of 370)

Rank in course/Men: 248 (of 317)

Best time in course: 1:45:06

Rank in category: 20(of 23)

Best time in the category: 2:00:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:59	6:21	20	7:12	241	7:57	3.30	20:59	6:21	5	1:14	245	7:56
Schlüsie	3.10	25:41	8:17	23	9:56	285	11:46	6.40	46:40	7:17	5	5:27	245	19:12
Hermannsklippe	2.60	22:04	8:29	23	8:52	272	10:22	9.00	1:08:44	7:38	5	8:31	245	29:12
Brocken	3.10	35:01	11:17	22	12:51	235	16:00	12.10	1:43:45	8:34	5	12:41	245	43:47
Eiserner Handwe	3.60	22:39	6:17	20	8:01	240	10:11	15.70	2:06:24	8:03	5	16:38	245	53:58
Schlüsie	4.00	20:37	5:09	17	7:56	228	9:24	19.70	2:27:01	7:27	5	19:33	245	1:03:22
Loddenke	3.20	19:12	5:59	18	6:36	234	8:48	22.90	2:46:13	7:15	5	23:23	245	1:12:10
Ilseburg/Markt	3.30	18:22	5:33	15	5:04	200	7:19	26.20	3:04:35	7:02	20	1:04:15	248	1:19:29