



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Dunemann, Jens

Club: Linse läuft...
Number: 202

Course: 26.20 km
Brockenlauf

Category:
Männer M30

Total time: 3:05:20

Speed: 8.42 km/h
Running performance: 7:04 min/km

Rank in course/Total: 290 (of 370)

Rank in course/Men: 252 (of 317)

Best time in course: 1:45:06

Rank in category: 21(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	22:36	6:50	23	8:49	280	9:34	3.30	22:36	6:50	4	2:51	249	9:33
Schlüsie	3.10	24:56	8:02	21	9:11	272	11:01	6.40	47:32	7:25	4	6:19	249	20:04
Hermannsklippe	2.60	21:06	8:06	20	7:54	244	9:24	9.00	1:08:38	7:37	4	8:25	249	29:06
Brocken	3.10	34:11	11:01	21	12:01	224	15:10	12.10	1:42:49	8:29	4	11:45	249	42:51
Eiserner Handwe	3.60	23:13	6:26	21	8:35	251	10:45	15.70	2:06:02	8:01	4	16:16	249	53:36
Schlüsie	4.00	22:14	5:33	21	9:33	261	11:01	19.70	2:28:16	7:31	4	20:48	249	1:04:37
Loddenke	3.20	18:40	5:49	17	6:04	223	8:16	22.90	2:46:56	7:17	4	24:06	249	1:12:53
Ilseburg/Markt	3.30	18:24	5:34	16	5:06	201	7:21	26.20	3:05:20	7:04	21	1:05:00	252	1:20:14