



41. Brockenlauf, 21. Ilsesteinlauf  
Ilsenburg / 03.09.2011

Detailed evaluation

Rupp, Marcel

Club: TGS Jügesheim  
Number: 3

Course: 26.20 km  
Brockenlauf

Category:  
Männer M40

Total time: 3:08:37

Speed: 8.27 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 297 (of 370)

Rank in course/Men: 258 (of 317)

Best time in course: 1:45:06

Rank in category: 43(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	-	-	45		311		3.30	-	-	45		311	
Schlüsie	3.10	-	-	45		311		6.40	-	-	45		311	
Hermannsklippe	2.60	-	-	45		311		9.00	-	-	45		311	
Brocken	3.10	-	-	45		311		12.10	-	-	45		311	
Eiserner Handwe	3.60	-	-	45		310		15.70	-	-	45		310	
Schlüsie	4.00	-	-	43		289		19.70	-	-	43		288	
Loddenke	3.20	-	-	45		309		22.90	-	-	45		309	
Ilsenburg/Markt	3.30	3:08:37	57:09	47	2:57:14	313	2:57:34	26.20	3:08:37	7:11	43	1:22:54	258	1:23:31