



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Grunwald, Peter

Club: TG Wehlheiden, Kassel
Number: 275

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:10:26

Speed: 8.19 km/h
Running performance: 7:16 min/km

Rank in course/Total: 299 (of 370)

Rank in course/Men: 260 (of 317)

Best time in course: 1:45:06

Rank in category: 61(of 74)

Best time in the category: 2:01:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:12	6:07	55	210	5:54	7:10	3.30	20:12	6:07	33	116	0:28	7:09
Schlüsie	3.10	22:18	7:11	52	210	5:49	8:23	6.40	42:30	6:38	33	256	1:23	15:02
Hermannsklippe	2.60	20:34	7:54	55	232	6:33	8:52	9.00	1:03:04	7:00	33	256	3:32	23:32
Brocken	3.10	38:55	12:33	66	278	17:46	19:54	12.10	1:41:59	8:25	33	256	11:23	42:01
Eiserner Handwe	3.60	24:07	6:41	63	270	9:37	11:39	15.70	2:06:06	8:01	33	256	15:40	53:40
Schlüsie	4.00	21:56	5:29	63	258	8:27	10:43	19.70	2:28:02	7:30	28	256	16:38	1:04:23
Loddenke	3.20	20:34	6:25	60	260	8:40	10:10	22.90	2:48:36	7:21	33	256	21:13	1:14:33
Ilseburg/Markt	3.30	21:50	6:36	61	263	9:10	10:47	26.20	3:10:26	7:16	61	260	1:09:05	1:25:20