



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Becker, Christoph

Club: SV Blankenese
Number: 312

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:10:40

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 300 (of 370)

Rank in course/Men: 261 (of 317)

Best time in course: 1:45:06

Rank in category: 62(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			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Loddenke	3.30	20:51	6:19	61	232	6:33	7:49	3.30	20:51	6:19	32	1:07	257	7:48
Schlüsie	3.10	24:31	7:54	64	268	8:02	10:36	6.40	45:22	7:05	32	4:15	257	17:54
Hermannsklippe	2.60	23:17	8:57	66	283	9:16	11:35	9.00	1:08:39	7:37	32	9:07	257	29:07
Brocken	3.10	38:43	12:29	65	277	17:34	19:42	12.10	1:47:22	8:52	32	16:46	257	47:24
Eiserner Handwe	3.60	23:33	6:32	62	263	9:03	11:05	15.70	2:10:55	8:20	32	20:29	257	58:29
Schlüsie	4.00	22:17	5:34	64	262	8:48	11:04	19.70	2:33:12	7:46	18	21:48	257	1:09:33
Loddenke	3.20	21:22	6:40	63	266	9:28	10:58	22.90	2:54:34	7:37	32	27:11	257	1:20:31
Ilseburg/Markt	3.30	16:06	4:52	28	108	3:26	5:03	26.20	3:10:40	7:16	62	1:09:19	261	1:25:34