



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Dr. Klaßen, Thomas

Club: www.cuxhund.de

Number: 263

Course: 26.20 km

Brockenlauf

Category:

Männer M45

Total time: 3:11:45

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 304 (of 370)

Rank in course/Men: 265 (of 317)

Best time in course: 1:45:06

Rank in category: 63(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 Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:51	6:00	49	5:33	190	6:49	3.30	19:51	6:00	31	0:07	261	6:48
Schlüsie	3.10	24:47	7:59	65	8:18	271	10:52	6.40	44:38	6:58	31	3:31	261	17:10
Hermannsklippe	2.60	21:33	8:17	59	7:32	255	9:51	9.00	1:06:11	7:21	31	6:39	259	26:39
Brocken	3.10	35:56	11:35	54	14:47	244	16:55	12.10	1:42:07	8:26	31	11:31	261	42:09
Eiserner Handwe	3.60	22:51	6:20	58	8:21	244	10:23	15.70	2:04:58	7:57	31	14:32	261	52:32
Schlüsie	4.00	21:10	5:17	59	7:41	240	9:57	19.70	2:26:08	7:25	26	14:44	261	1:02:29
Loddenke	3.20	20:28	6:23	59	8:34	258	10:04	22.90	2:46:36	7:16	31	19:13	261	1:12:33
Ilseburg/Markt	3.30	25:09	7:37	68	12:29	291	14:06	26.20	3:11:45	7:19	63	1:10:24	265	1:26:39