



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Kokon, Martin

Club: Zwei aus Ohrum  
Number: 5

Course: 26.20 km  
Brockenlauf

Category:  
Männer M50

Total time: 3:11:51

Speed: 8.13 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 305 (of 370)

Rank in course/Men: 266 (of 317)

Best time in course: 1:45:06

Rank in category: 42(of 51)

Best time in the category: 1:57:52

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	20:43	6:16	34	5:29	229	7:41	3.30	20:43	6:16	17	0:34	262	7:40
Schlüsie	3.10	23:52	7:41	40	7:27	249	9:57	6.40	44:35	6:57	17	1:28	262	17:07
Hermannsklippe	2.60	22:37	8:41	44	9:01	275	10:55	9.00	1:07:12	7:28	17	4:10	262	27:40
Brocken	3.10	36:55	11:54	41	14:31	258	17:54	12.10	1:44:07	8:36	17	3:50	262	44:09
Eiserner Handwe	3.60	22:01	6:06	35	8:29	223	9:33	15.70	2:06:08	8:02	17	3:05	262	53:42
Schlüsie	4.00	21:55	5:28	38	9:06	257	10:42	19.70	2:28:03	7:30	19	9:24	262	1:04:24
Loddenke	3.20	21:42	6:46	43	10:22	268	11:18	22.90	2:49:45	7:24	18	2:57	262	1:15:42
Ilseburg/Markt	3.30	22:06	6:41	42	9:57	265	11:03	26.20	3:11:51	7:19	42	1:13:59	266	1:26:45