



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Greil, Sebastian

Club: Braunschweig  
Number: 345

Course: 26.20 km  
Brockenlauf

Category:  
Männer M30

Total time: 3:14:38

Speed: 8.02 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 314 (of 370)

Rank in course/Men: 273 (of 317)

Best time in course: 1:45:06

Rank in category: 22(of 23)

Best time in the category: 2:00:20

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	20:53	6:19	19	7:06	234	7:51	3.30	20:53	6:19	3	1:08	269	7:50
Schlüsie	3.10	24:21	7:51	20	8:36	261	10:26	6.40	45:14	7:04	3	4:01	269	17:46
Hermannsklippe	2.60	22:02	8:28	22	8:50	270	10:20	9.00	1:07:16	7:28	3	7:03	269	27:44
Brocken	3.10	33:25	10:46	20	11:15	208	14:24	12.10	1:40:41	8:19	3	9:37	269	40:43
Eiserner Handwe	3.60	28:04	7:47	23	13:26	298	15:36	15.70	2:08:45	8:12	3	18:59	269	56:19
Schlüsie	4.00	22:35	5:38	22	9:54	270	11:22	19.70	2:31:20	7:40	3	23:52	269	1:07:41
Loddenke	3.20	20:59	6:33	20	8:23	262	10:35	22.90	2:52:19	7:31	3	29:29	269	1:18:16
Ilseburg/Markt	3.30	22:19	6:45	22	9:01	267	11:16	26.20	3:14:38	7:25	22	1:14:18	273	1:29:32