



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

Detailed evaluation

Krabiell, Uwe

Club: Tough Guy  
Number: 380

Course: 26.20 km  
Brockenlauf

Category:  
Männer M45

Total time: 3:16:07

Speed: 7.95 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 320 (of 370)

Rank in course/Men: 277 (of 317)

Best time in course: 1:45:06

Rank in category: 67(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	22:42	6:52	70	8:24	284	9:40	3.30	22:42	6:52	25	2:58	273	9:39
Schlüsie	3.10	25:43	8:17	68	9:14	286	11:48	6.40	48:25	7:33	27	7:18	273	20:57
Hermannsklippe	2.60	23:55	9:11	68	9:54	290	12:13	9.00	1:12:20	8:02	27	12:48	273	32:48
Brocken	3.10	37:51	12:12	62	16:42	271	18:50	12.10	1:50:11	9:06	22	19:35	273	50:13
Eiserner Handwe	3.60	27:50	7:43	69	13:20	296	15:22	15.70	2:18:01	8:47	27	27:35	273	1:05:35
Schlüsie	4.00	20:53	5:13	58	7:24	235	9:40	19.70	2:38:54	8:03	22	27:30	273	1:15:15
Loddenke	3.20	18:56	5:54	57	7:02	229	8:32	22.90	2:57:50	7:45	27	30:27	273	1:23:47
Ilseburg/Markt	3.30	18:17	5:32	50	5:37	195	7:14	26.20	3:16:07	7:29	67	1:14:46	277	1:31:01