



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Graßhoff, Jens-Peter

Club: BARMER GEK Halberstadt
Number: 47

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 3:56:27

Speed: 6.65 km/h
Running performance: 9:01 min/km

Rank in course/Total: 362 (of 370)

Rank in course/Men: 310 (of 317)

Best time in course: 1:45:06

Rank in category: 74(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 | 22:15 | 6:44 | 67 | 7:57 | 272 | 9:13 | 3.30 | 22:15 | 6:44 | 20 | 2:31 | 288 | 9:12 |
| Schlüsie | 3.10 | 27:31 | 8:52 | 72 | 11:02 | 300 | 13:36 | 6.40 | 49:46 | 7:46 | 20 | 8:39 | 305 | 22:18 |
| Hermannsklippe | 2.60 | 24:37 | 9:28 | 71 | 10:36 | 299 | 12:55 | 9.00 | 1:14:23 | 8:15 | 20 | 14:51 | 305 | 34:51 |
| Brocken | 3.10 | 41:01 | 13:13 | 70 | 19:52 | 295 | 22:00 | 12.10 | 1:55:24 | 9:32 | 20 | 24:48 | 305 | 55:26 |
| Eiserner Handwe | 3.60 | 28:08 | 7:48 | 70 | 13:38 | 299 | 15:40 | 15.70 | 2:23:32 | 9:08 | 20 | 33:06 | 305 | 1:11:06 |
| Schlüsie | 4.00 | fehlt! | - | - | - | - | - | 19.70 | - | - | - | - | - | - |
| Loddenke | 3.20 | 1:01:50 | 19:19 | 72 | 49:56 | 307 | 51:26 | 22.90 | 3:25:22 | 8:58 | 20 | 57:59 | 305 | 1:51:19 |
| Ilseburg/Markt | 3.30 | 31:05 | 9:25 | 72 | 18:25 | 305 | 20:02 | 26.20 | 3:56:27 | 9:01 | 74 | 1:55:06 | 310 | 2:11:21 |