



50. Brockenlauf

Ilseburg / 04.09.2021

Detailed evaluation

Giefers, Christoph

Club: TuS 13 Hembsen
Number: 516

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:13:09

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 58 (of 467)

Rank in course/Men: 56 (of 387)

Best time in course: 1:40:22

Rank in category: 5(of 66)

Best time in the category: 1:57:01

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:01	4:51	3	1:28	42	3:30	3.30	16:01	4:51	67	1:28	388	3:30
Schlüsie	3.10	17:50	5:45	6	2:12	55	4:46	6.40	33:51	5:17	67	3:40	388	8:15
Hermannsklippe	2.60	16:07	6:11	9	2:09	78	4:46	9.00	49:58	5:33	67	5:49	388	13:01
Brocken	3.10	28:25	9:09	19	5:46	140	10:38	12.10	1:18:23	6:28	67	11:35	388	23:39
Eiserner Handwe	3.60	15:37	4:20	7	1:59	48	3:17	15.70	1:34:00	5:59	67	13:34	388	26:55
Schlüsie	4.10	14:34	3:33	3	1:29	33	2:58	19.80	1:48:34	5:28	67	15:03	388	29:29
Loddenke	3.10	11:34	3:43	2	0:26	16	1:39	22.90	2:00:08	5:14	67	15:29	384	30:57
Ilseburg/Markt	3.30	13:01	3:56	2	0:39	24	2:13	26.20	2:13:09	5:04	5	16:08	56	32:47